



BUILDING WORKOUT FOR BEGINNERS

Friday - Bent-Over Barbell Row

Malme Dambsen Går	9	9
-------------------	---	---

3 DAY FULL BODY WOMEN

DUMBBELL ONLY WORKOUT

Workout	Main Goal: Build Muscle	Equipment: Bodyweight, Dumbbells
Summary	Training Level: Beginner	Target Gender: Female
	Days Per Week: 3 Days	Author: Roger
	Program Duration: 8 Weeks	
	Click here for the full workout!	

Day 1 - Abs/Glutes

Exercise	Sets	Reps
Ab Crunch	3	15
Lying Leg Raise	3	15
Side Oblique Crunch (Each Side)	3	15 Each
Glute Kick Back	3	15
Dumbbell Romanian Deadlift	3	15
Reverse Lunge	3	15

Day 2 - Lower Body

Exercise	Sets	Reps
Dumbbell Squat	3	15
Dumbbell Lunge (Each Side)	3	15 Each
Dumbbell Lying Leg Curl (On The Floor)	3	15
Bodyweight Single Leg Deadlift	3	15
Seated Calf Raise	3	15
Standing Calf Raise	3	15

Day 3 - Upper Body

Exercise	Sets	Reps
Dumbbell Bench Press (On The Floor)	3	15
Bent-Over Dumbbell Row	3	15
Dumbbell Pullover	3	15
Lateral Raise	3	15
Lying Dumbbell Extension	3	15
Hammer Dumbbell Curl	3	15

45-MINUTE KETTLEBELL AND BODY-
WEIGHT WORKOUT FOR FAT LOSS

Workout Summary	Main Goal: Lose Fat Training Level: Beginner Days Per Week: 3 Days Program Duration: 8 Weeks Click here for the full workout!	Equipment: Bodyweight, Kettle Bells Target Gender: Male & Female Author: Roger
--------------------	---	--

45-Minute Kettlebell and Bodyweight

Workout

A note on rest times: Take as much time as needed between each exercise. A good place to start is 30-60 sec. At the end of your first circuit, rest of 2 minutes, then repeat for one more round (for a total of two rounds).

Exercise	Rest
Kettlebell Halo	60 sec (30 sec each direction)
Push Up	60 sec
Kettlebell Swing	60 sec
Lying Leg Raise	60 sec
Kettlebell Row	60 sec (30 sec each side)
Abdominal Crunch	60 sec
Kettlebell Goblet Squat	60 sec
Bodyweight Jump Squat	60 sec
Kettlebell Single Leg Deadlift	60 sec (30 sec each side)
Alternating Bodyweight Lunge	60 sec

8 WEEK BEGINNER FAT LOSS

WORKOUT FOR WOMEN

Workout Summary	Main Goal: Lose Fat Training Level: Beginner Days Per Week: 4 Days Program Duration: 8 Weeks Click here for the full workout!	Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines Target Gender: Female Author: Roger
-----------------	---	--

Workout #1 - Upper Body

Exercise	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Bent-Over Barbell Row	3	12, 10, 8
Smith Machine Shoulder Press	3	12, 10, 8
Alternate Dumbbell Curl	3	12, 10, 8
Lying Triceps Extension	3	12, 10, 8
Lying Leg Raise	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #2 - Lower Body

Exercise	Sets	Reps
Goblet Squat	3	12, 10, 8
Stiff Leg Deadlift	3	12, 10, 8
Leg Press	3	12, 10, 8
Walking Lunge	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Crunches	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #3 - Upper Body

Exercise	Sets	Reps
Wide Grip Lat Pull Down	3	12, 10, 8
Flat Bench Press	3	12, 10, 8
Lateral Raise	3	12, 10, 8
Hammer Dumbbell Curl	3	12, 10, 8
Straight Bar Tricep Extension	3	12, 10, 8
Abdominal Air Bike	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #4 - Lower Body

Exercise	Sets	Reps
Squat	3	12, 10, 8
Deadlift	3	12, 10, 8
Dumbbell Step Up	3	12, 10, 8
Abductor Machine	3	12, 10, 8
Adductor Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Exercise Ball Crunch	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

3 DAY SMITH MACHINE ONLY

WORKOUT FOR WOMEN

Workout	Main Goal: Build Muscle	Equipment: Machines
Summary	Training Level: Beginner	Target Gender: Female
	Days Per Week: 3 Days	Author: Roger
	Program Duration: 8 Weeks	
	Click here for the full workout!	

Full Body Smith Machine Workout: Day 1

Exercise	Sets	Reps
Wide Smith Machine Squat	3	10
Smith Machine Lunge	3	12
Smith Machine Incline Bench Press	3	12
Smith Machine Bent-Over Row	3	12
Smith Machine Upright Row	3	12
Smith Machine Bicep Curl	3	15

Full Body Smith Machine Workout: Day 2

Exercise	Sets	Reps
Good Mornings Off Pins	3	10
Smith Machine Front Squat	3	12
Smith Machine Deadlift	3	12
Inverted Row	3	12
Smith Machine Bench Press	3	12
Smith Machine Calf Raise	3	12

Full Body Smith Machine Workout: Day 3

Exercise	Sets	Reps
Smith Machine Hip Thrust	3	10
Smith Machine Leg Press	3	12
Smith Machine Shoulder Press	3	12
Smith Machine Close Grip Bench Press	3	12
Smith Machine Incline Tricep Extension	3	12
Smith Machine Shrug	3	15



FOR BEGINNERS

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Exercise	Sets	Reps
Incline Bench Press	4	12, 10, 8, 6
Dumbbell Bench Press	4	12, 10, 8, 6
Cable Crossover	4	12, 10, 8, 6
Tricep Dip	4	12, 10, 8, 6
Seated Dumbbell Press	4	12, 10, 8, 6
Lateral Raise	4	12, 10, 8, 6
Machine Reverse Fly	4	12, 10, 8, 6

Exercise	Sets	Reps
Deadlift	4	12, 10, 8, 6
One Arm Dumbbell Row	4	12, 10, 8, 6
Lat Pull Down	4	12, 10, 8, 6
Seated Row	4	12, 10, 8, 6
Single Arm Lat Pull Down	4	12, 10, 8, 6
Hyperextension	4	12, 10, 8, 6
Dumbbell Shrug	4	12, 10, 8, 6

Exercise	Sets	Reps
Barbell Squat	4	12, 10, 8
Hack Squat	4	12, 10, 8
Leg Press	4	12, 10, 8
Dumbbell Lunge	4	12, 10, 8
Lying Leg Curl	4	12, 10, 8
Seated Calf Raise	4	12, 12, 12
Standing Calf Raise	4	

Exercise	Sets	Reps
Close Grip Bench Press	4	12, 10, 8, 6
One-Arm Seated Overhead Tricep Extension	4	12, 10, 8, 6
Straight Bar Tricep Extension	4	12, 10, 8, 6
Barbell Preacher Curl	4	12, 10, 8, 6
Incline Dumbbell Curl	4	12, 10, 8, 6
Cable Curl	4	12, 10, 8, 6
Seated Barbell Wrist Curl	4	12, 10, 8, 6

8 WEEK BEGINNER FAT LOSS

WORKOUT FOR WOMEN

Workout Summary	Main Goal: Lose Fat Training Level: Beginner Days Per Week: 4 Days Program Duration: 8 Weeks Click here for the full workout!	Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines Target Gender: Female Author: Roger
-----------------	---	--

Workout #1 - Upper Body

Exercise	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Bent-Over Barbell Row	3	12, 10, 8
Smith Machine Shoulder Press	3	12, 10, 8
Alternate Dumbbell Curl	3	12, 10, 8
Lying Triceps Extension	3	12, 10, 8
Lying Leg Raise	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #2 - Lower Body

Exercise	Sets	Reps
Goblet Squat	3	12, 10, 8
Stiff Leg Deadlift	3	12, 10, 8
Leg Press	3	12, 10, 8
Walking Lunge	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Crunches	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #3 - Upper Body

Exercise	Sets	Reps
Wide Grip Lat Pull Down	3	12, 10, 8
Flat Bench Press	3	12, 10, 8
Lateral Raise	3	12, 10, 8
Hammer Dumbbell Curl	3	12, 10, 8
Straight Bar Tricep Extension	3	12, 10, 8
Abdominal Air Bike	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #4 - Lower Body

Exercise	Sets	Reps
Squat	3	12, 10, 8
Deadlift	3	12, 10, 8
Dumbbell Step Up	3	12, 10, 8
Abductor Machine	3	12, 10, 8
Adductor Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Exercise Ball Crunch	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

3 DAY FULL BODY WOMEN

DUMBBELL ONLY WORKOUT

Workout	Main Goal: Build Muscle	Equipment: Bodyweight, Dumbbells
Summary	Training Level: Beginner	Target Gender: Female
	Days Per Week: 3 Days	Author: Roger
	Program Duration: 8 Weeks	
	Click here for the full workout!	

Day 1 - Abs/Glutes

Exercise	Sets	Reps
Ab Crunch	3	15
Lying Leg Raise	3	15
Side Oblique Crunch (Each Side)	3	15 Each
Glute Kick Back	3	15
Dumbbell Romanian Deadlift	3	15
Reverse Lunge	3	15

Day 2 - Lower Body

Exercise	Sets	Reps
Dumbbell Squat	3	15
Dumbbell Lunge (Each Side)	3	15 Each
Dumbbell Lying Leg Curl (On The Floor)	3	15
Bodyweight Single Leg Deadlift	3	15
Seated Calf Raise	3	15
Standing Calf Raise	3	15

Day 3 - Upper Body

Exercise	Sets	Reps
Dumbbell Bench Press (On The Floor)	3	15
Bent-Over Dumbbell Row	3	15
Dumbbell Pullover	3	15
Lateral Raise	3	15
Lying Dumbbell Extension	3	15
Hammer Dumbbell Curl	3	15

THE BEST 15-MINUTE WARM-UPS

Maximize your workout with these versatile and quick warm-up routines! In just 15 minutes, you will be better prepared for any workout program that you take on.

Link to : <https://www.muscleandstrength.com/workouts/the-best-15-minute-warm-up>

Main Goal: General Fitness
Training Level: Beginner
Time Per Workout: 15 Mins

Equipment: Bands, Barbell,
Bodyweight, Foam Roll, Kettle
Bells, Other
Target Gender: Male & Female
Author: Roger

Full-Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Plantar Fascia w/ Lacrosse Ball	1	15 Sec, Each Foot	30 - 45 Sec
Donkey Calf Raise	1	15	30 - 45 Sec
Dumbbell Goblet Squat	1	15	30 - 45 Sec
Bodyweight Walking Lunge	1	10, Each Leg	30 - 45 Sec
Side Plank	1	30 Sec, Each Side	30 - 45 Sec
Plyometric Push Up	1	15	30 - 45 Sec
Rack Lat Stretch	1	30 Sec	30 - 45 Sec

Lower Body Focused Warm-Up

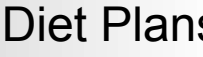
Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Bodyweight Standing Calf Raise	1	15	30 - 45 Sec
IT Band Foam Roller	1	30 Sec, Each Side	30 - 45 Sec
Bodyweight Single-Leg Deadlift	1	15, Each Side	30 - 45 Sec
Prisoner Squat	1	15	30 - 45 Sec
Prisoner Squat (Hold at the Bottom)	1	30 Sec	30 - 45 Sec
Superman	1	30 Sec	30 - 45 Sec
Plank	1	30 Sec	30 - 45 Sec
Band Pull-Apart	1	15	30 - 45 Sec

Upper Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Push Up	1	15	30 - 45 Sec
Bench Dips	1	15	30 - 45 Sec
Arm Circles (Clockwise)	1	15	None
Arm Circles (Counter Clockwise)	1	15	30 - 45 Sec
Eccentric Only Pull Up	1	5	30 - 45 Sec
Seated Zottman Curl	1	15	30 - 45 Sec
90/90 Hip Crossover	1	15, Each Side	30 - 45 Sec
Sit Up	1	15	30 - 45 Sec
Jump Squat	1	15	30 - 45 Sec



THE BODY YOU WANT



4 DAY BARBELL ONLY WORKOUT

(NO RACK REQUIRED)

Link to : <https://www.muscleandstrength.com/workouts/4-day-barbell-only-workout>

Equipment: Bands, Barbell,
Bodyweight, Other
Target Gender: Male & Female
Author: Laura Rinke

Day 1: Upper Body A

Day 2: Lower Body A

Day 4: Upper Body B

*As few sets as possible

Day 5: Lower Body B

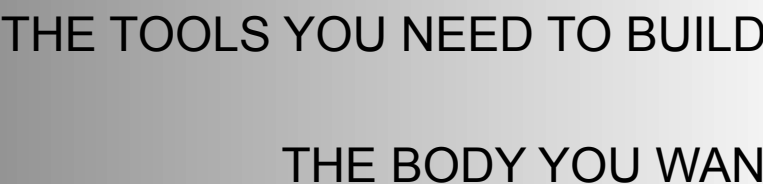
*As few sets as possible

AMRAP: As many reps as possible



BUILDING WORKOUT FOR BEGINNERS

Week	Sale/Rep Percentages
------	----------------------



8 WEEK MASS BUILDING

HYPERTROPHY WORKOUT

This 4-day program will help intermediate and advanced trainees gain size and strength. Rest-pause set, drop sets, and negatives will kick your muscle gains into high gear!

Link to : <https://www.muscleandstrength.com/workouts/8-week-hypertrophy-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Days Per Week: 4 Days
Program Duration: 8 Weeks

Equipment: Barbell, Bodyweight
Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Roger

Workout 1: Chest and Side Delts

Exercise	Sets	Reps	Rest
Incline Barbell Bench Press	3	12, 10, 12*	90 Sec
Flat Dumbbell Bench Press	3	12, 10, 15+	90 Sec
Cable Crossover	3	12, 12, 12^	90 Sec
Seated Lateral Raise	3	12, 12, 12	90 Sec
Single Arm Cable Lateral Raise	3	12, 12, 12	90 Sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 2: Upper Back and Rear Delts

Exercise	Sets	Reps	Rest
Bent-Over Barbell Row	3	12, 10, 12*	90 Sec
Dumbbell Pullover	3	12, 10, 15+	90 Sec
Wide Grip Lat Pulldown	3	12, 12, 12^	90 Sec
Dumbbell Rear Delt Fly	3	12, 12, 12	90 Sec
Cable Face Pull	3	12, 12, 12	90 Sec
Dumbbell Shrug	3	12, 12, 12	90 Sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 3: Arms and Abs

Exercise	Sets	Reps	Rest
Close Grip Bench Press	3	12, 10, 12*	90 sec
Weighted Dip	3	12, 10, 12+	90 sec
Rope Tricep Extension	3	12, 12, 12^	90 sec
Lying Leg Raise	3	12, 12, 12	90 sec
Cable Crunch	3	12, 12, 12	90 sec
Barbell Curl	3	12, 12, 12*	90 sec
Hammer Curl	3	12, 10, 12+	90 sec
Cable Curl	3	12, 12, 12^	90 sec

* Rest/Pause Set + Drop Set ^ 3.5 Second Negatives

Workout 4: Legs

Exercise	Sets	Reps	Rest
Deadlift	3	12, 10, 12*	90 sec
Lying Leg Curl	3	12, 10, 12+	90 sec
Walking Lunge	3	12, 12, 12	90 sec
Front Squat	3	12, 12, 12*	90 sec
Leg Extension	3	12, 12, 12+	90 sec
Dumbbell Side Lunge	3	12, 12, 12	90 sec
Seated Calf Raise	3	12, 12, 12^	90 sec
Calf Press	3	12, 12, 12^	90 sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives



BUILDING WORKOUT FOR BEGINNERS

The chart below will show you what weights to use each week. This applies to all five opening lifts

Monday - Squat

Tuesday - Bench Press

Wednesday - Deadlift

Thursday Standing Barbell Press

Friday – Bent Over Barbell Row

MUSCLEANDSTRENGTH.COM