

Full Body Beginner Program

These workouts should be done every other day or as soon as you've recovered.

Workout #1

BB = barbell, DB = dumbbell

EXERCISE	SETS	REPS	TEMPO
Barbell Deadlift	3	6-10	2/2
Pull-ups or Lat - Pulldowns	3	Until failure 12	2/2 2/2
Incline Press (DB or BB)	3	6-12	2/2
Walking Lunges (DB or BB)	3	12-15 (each leg)	2/2
Seated Row	3	8-12	2/2
Dumbbell Lateral Raises	3	8-12	2/2
Kneeling Cable Crunch	4	20	

Workout #2

EXERCISE	SETS	REPS	TEMPO
Barbell Squats	3	8-12	2/2
Bench Press (DB or BB)	3	8-12	2/2
Lat-Pulldowns	3	8-12	2/2
Leg Curls	3	10-12	2/2
Shoulder Press (DB or BB)	3	8-12	2/2
Rear Delt Flys (DB or Cables)	3	10-12	2/2
Decline Sit-Ups	4	20	