

Beginner Whole-Body Training Split Gym

Week 1 & 2 & 3 & 4 Workout 1		
Exercise	Sets	Reps
Incline barbell bench press	3	8-10
Dumbbell bent-over row	3	8-10
Barbell shoulder press	3	10-12
Leg press	3	8-10
Triceps pressdown	3	8-10
Standing dumbbell curl	3	10-12
Standing calf raise	3	12-15
Crunch	3	15-20