

Beginner Whole-Body Training Split Home

Week 1 & 2 & 3 & 4 Workout 1		
Exercise	Sets	Reps
Push-Up	3	8-10
Scapular Shrug	3	8-10
Feet-Elevated Pike Push-Up	3	10-12
Skater Squat	3	8-10
Diamond Triceps Push-Up	3	8-10
Sliding Fly	3	10-12
Biceps Chin-Up	3	12-15
Lying Straight-Leg Raise	3	15-20