



General Terms:

This training plan can be used by people from 15 to 40 years old after consulting a doctor. This application is suitable for newbies and beginners only. The author is not responsible for injuries that may occur during training under this plan. All exercises presented below are in the public domain, the author only offers his vision on the procedure of their use.

Each exercise must be done following right technique. Using this application, you shouldn't think trainer is not needed. It would be still nice to have a person who knows when you do something wrong. Recommended techniques of exercises can be found on [Athlean-X](#) YouTube channel.

When you meet writing like this **"3 sets, 8-10 repetitions"**, that means that exercise should be done in 3 sets with weight of **75%** of maximum weight you can do in this exercise for **one** repetition with listed amount of repetitions. Whenever percentage changes, it will be noticed directly in the table. Recommended rest time between sets is written in "Rest" column.

This plan is designed for 2 months. If weeks are noticed, they should take turns. To continue the progression after completing this plan, you must return and enter your physical indicators again to get a new plan.



My Goal: [Fit&Strong](#)

My Body Mass Index: [Low](#)

My Level: [Newbie](#)

Trainings per week: [3](#)

Day 1

Exercise	Sets&Reps	Rest
Warmup	At least 10 minutes. Heat up all the muscles and joints.	
Hyperextension	3 sets, 10-15 repetitions.	2-3 minutes.
Bench Press	3 sets, 8-10 repetitions.	2-3 minutes.
Dip	3 sets, MAX repetitions.	2-3 minutes.
Bicep Curl	3 sets, 8-10 repetitions.	2 minutes.
Cable Rope Tricep Pushdown	3 sets, 8-10 repetitions	2 minutes
Abs Set: Crunch, Reverse Crunch, Bicycle Crunch, Plank	3-4 sets, 10-12 repetitions, Plank hold 30-60 seconds	2-3 minutes

Notes:

By MAX repetitions is meant that you push your best in all the sets.

If not present, **rope** in tricep pushdown can be replaced with the **bar**.

Abs set means that you do **one** set of all the exercises in the listed order and then repeat as many times as shown in "Sets&Reps". This experience can be hard.

Day 2

Exercise	Sets&Reps	Rest
Exercise1	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)
Exercise2	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)
Exercise3	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)

Notes:

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Day 3

Exercise	Sets&Reps	Rest
Exercise1	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)
Exercise2	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)
Exercise3	3 sets, 10-15 repetitions	as long as necessary (perfect 2-3mins)

Notes:

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Nutrition Recommendations:

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