



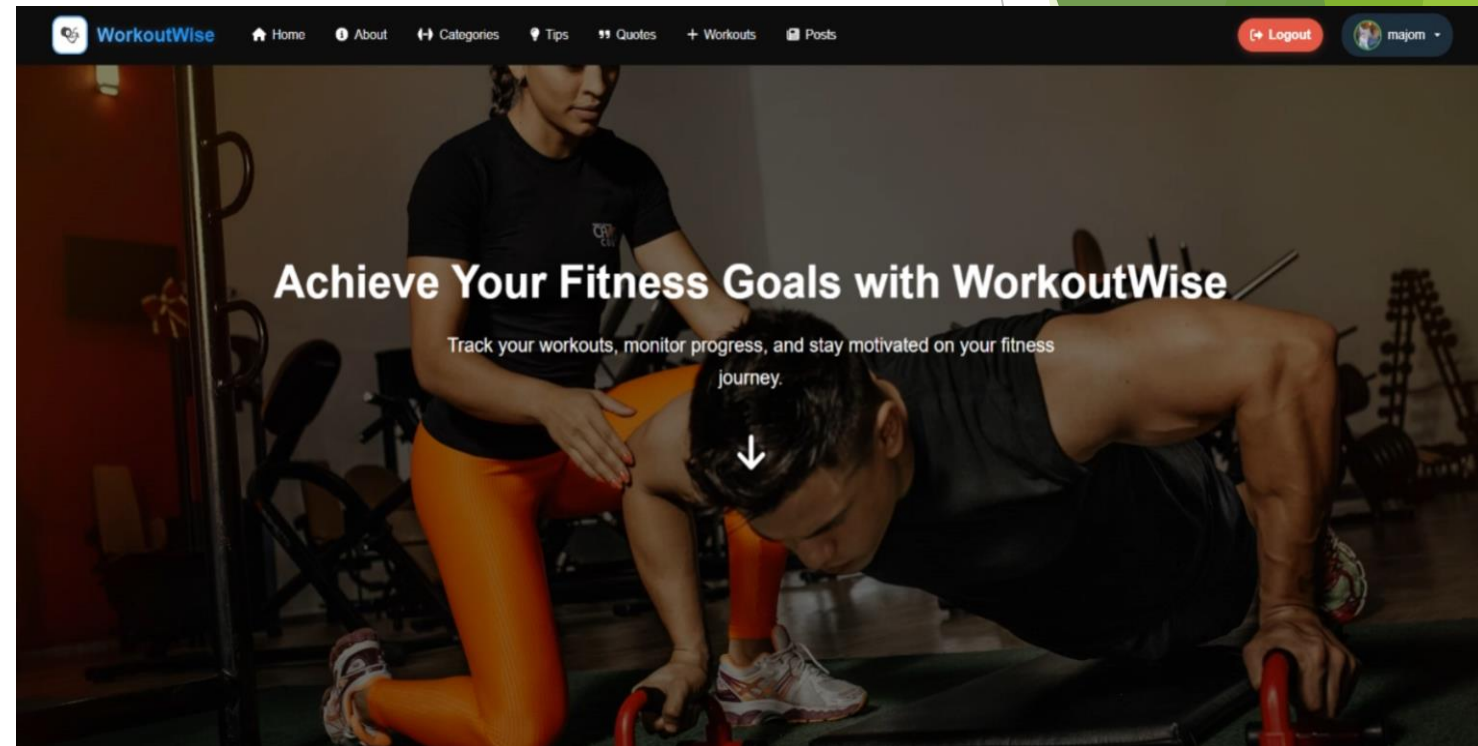
WORKOUTWISE

Made by Csősz Dominik & Hegedűs Zsombor

Point of the page



- Motivation
- Exercises
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Don't know how to start it? No problem.



💡 Workout Tips & FAQs

Expert advice to help you maximize your workouts and achieve your fitness goals

🔍 Getting Started

What should a beginner do at the gym?

Start simple. Focus on form first. Use light weights and record your form to check for errors. Master the basics: squats, deadlifts, presses, pulls.

Best beginner workout routine?

Keep it simple and structured: 2–4 sessions per week, full body or upper/lower splits, focus on fundamental movements: presses, pulls, squats, hip hinges, carries.

How much weight should beginners lift?

Use weights that challenge you, but allow good form. For compound lifts: stop 1–3 reps short of failure. For isolation exercises: you can push closer to full fatigue.

📅 Workout Planning

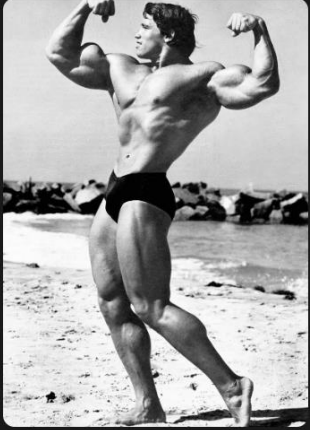
What's the best gym routine?

The best routine is the one you enjoy and can stick with.

What body parts should I train on which days?

There's no one-size-fits-all here. The important thing is to train

Everyone needs some motivation...



“

The worst thing I can be is the same as everybody else. I hate that.

– Arnold Schwarzenegger, bodybuilder

Next Quote →



“

Discipline is doing what you hate to do, but doing it like you love it.

– Mike Tyson, boxing legend

Next Quote →



“

Most people's dreams are very external, like champions - they want to win a medal, they want a trophy, want a nice car and all that stuff. And you get it, and you have everything and you realize this isn't what I wanted.

– Chris 'Cbum' Bumstead, bodybuilder

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We got some videos for you!



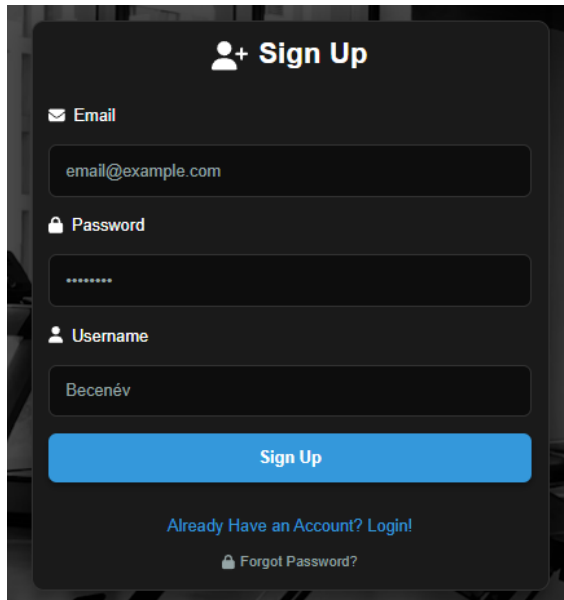
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Workout Programs for Women

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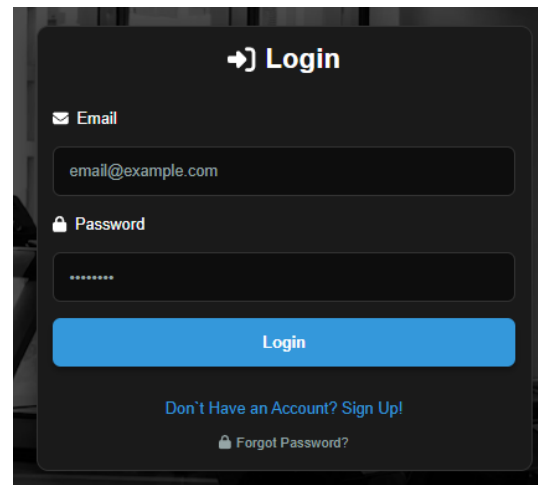
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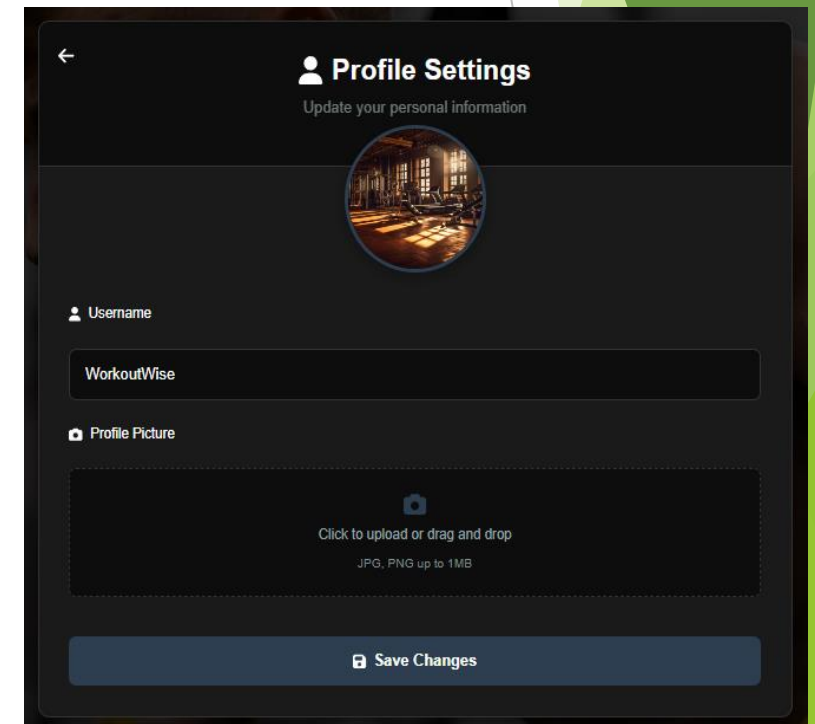
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Made and developed by WORKOUTWISE team.