

GYM BEGINNER WORKOUT PLAN

Weekly Plan Overview

Monday	Full Body Workout
Tuesday	Rest or Light Cardio
Wednesday	Upper Body Split
Thursday	Rest
Friday	Lower Body Split
Saturday	Active Recovery
Sunday	Rest

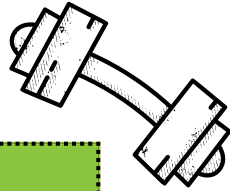
Tips for Success:

- Progress Gradually
- Stay Consistent
- Listen to your Body
- Hydrate and Eat Well
- Enough Sleep

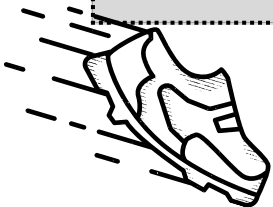


GYM BEGINNER WORKOUT PLAN

Full Body Workout

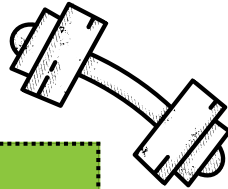


Exercise	Sets	Repetitions
Warm Up (e.g. jogging, bike ergo,...)		5-10min
Squats	3	10-12
Push-Ups (on Knees)	3	8-10
Bent Over Rows	3	10-12
Dumbbell Shoulder Press	3	10-12
Plank	3	30-60 sec
Cool Down (light cardio or stretching)		5-10min

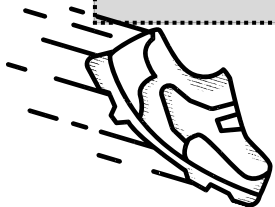


GYM BEGINNER WORKOUT PLAN

Upper Body Split

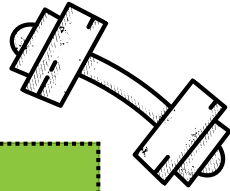


Exercise	Sets	Repetitions
Warm Up (e.g. jogging, bike ergo,...)		5-10min
Bench or Chest Press	3	10-12
Lat Pulldowns	3	10-12
Dumbbell Bicep Curls	3	12-15
Tricep Dips	3	12-15
Dumbbell Lateral Raises	3	12-15
Cool Down (light cardio or stretching)		5-10min



GYM BEGINNER WORKOUT PLAN

Lower Body Split



Exercise	Sets	Repetitions
Warm Up (e.g. jogging, bike ergo,...)		5-10min
Leg Press	3	10-12
Lunges	3	10-12
Leg Curls	3	10-12
Calf Raises	3	15-20
Glute Bridges	3	12-15
Cool Down (light cardio or stretching)		5-10min

