

BEGINNER WORKOUT PLAN	Set	1	2	3	4	5	6
4 WEEKS	Reps	Weight	Weight	Weight	Weight	Weight	Weight
WEEK 1							
MONDAY							
WARMUP: Treadmill Walk	10 minutes						
Bodyweight Squat	3x10						
Dumbbell Flat Bench (wide grip)	3x8						
Seated Dumbbell Overhead Shoulder Press	3x8						
Dumbbell Bicep Curls	4x10						
Pushups (or Modified Knee Pushups)	3x8						
TUESDAY							
WARMUP: Treadmill Walk	10 minutes						
Hamstring Curl Machine	3x10						
Bent Over Dumbbell Rows (wide grip)	3x8						
Lat Pulldown Machine	3x8						
Dumbbell Lateral Shoulder Raise	4x10						
WEDNESDAY							
Treadmill Walk or Outdoor Walk	10 minutes						
THURSDAY							
WARMUP: Stationary Bicycle	10 minutes						
Machine or Cable Chest Fly	3x8						
Bodyweight Forward Lunges	3x5 each leg						
Dumbbell Front Raise	3x8						
Plank	3x30 secs						
FRIDAY							
WARMUP: Stationary Bicycle	10 minutes						
Seated Cable Row	3x8						
Standing Tricep Cable Pushdown	3x10						
Single Arm Dumbbell Row (neutral grip)	3x5 each arm						
Bodyweight Standing Calf Raise	3x8						
Dumbbell Shoulder Shrugs	3x8						
SATURDAY							
Treadmill or Outdoor Walk	10 minutes						
SUNDAY							
REST							
WEEK 2							
MONDAY							
WARMUP: Eliptical	10 minutes						
Bodyweight Squat	3x10						
Dumbbell Flat Bench (wide grip)	3x8						
Seated Dumbbell Overhead Shoulder Press	3x8						
Dumbbell Bicep Curls	4x10						

Pushups (or Modified Knee Pushups)	3x10				
TUESDAY					
WARMUP: Elliptical	10 minutes				
Hamstring Curl Machine	3x10				
Bent Over Dumbbell Rows (wide grip)	3x8				
Lat Pulldown Machine	3x8				
Dumbbell Lateral Shoulder Raise	4x10				
WEDNESDAY					
Treadmill Walk or Outdoor Walk	10 minutes				
THURSDAY					
WARMUP: Stationary Bicycle	10 minutes				
Machine Chest Fly	3x10				
Bodyweight Forward Lunges	3x5 each leg				
Dumbbell Front Raise	3x8				
Plank	3x30 secs				
FRIDAY					
WARMUP: Stationary Bicycle	10 minutes				
Seated Cable Row	3x8				
Standing Tricep Cable Pushdown	3x10				
Single Arm Dumbbell Row (neutral grip)	3x6 each arm				
Dumbbell Standing Calf Raise	3x8				
Dumbbell Shoulder Shrugs	3x8				
SATURDAY					
Treadmill or Outdoor Walk	10 minutes				
SUNDAY					
REST					
WEEK 3					
MONDAY					
WARMUP: Treadmill Walk	10 minutes				
Dumbbell Goblet Squat	4x8				
Barbell Bench Press	3x6				
Standing Dumbbell Overhead Shoulder Press	3x8				
Barbell Bicep Curls	4x5				
Pushups	4x5				
TUESDAY					
WARMUP: Treadmill Walk	10 minutes				
Hamstring Curl Machine	4x8				
Bent Over Barbell Rows	3x6				
Lat Pulldown Machine	3x8				
Dumbbell Lateral Shoulder Raise	4x10				
WEDNESDAY					
Treadmill Walk or Outdoor Walk	15 minutes				

THURSDAY						
WARMUP: Stationary Bicycle	10 minutes					
Flat Bench Dumbbell Chest Fly	3x10					
Dumbbell Forward Lunges	3x6 each leg					
Dumbbell Front Raise	3x8					
Plank	3x30 secs					
FRIDAY						
WARMUP: Stationary Bicycle	10 minutes					
Seated Cable Row	3x8					
Standing Tricep Cable Pushdown	3x10					
Single Arm Dumbbell Row (neutral grip)	3x6 each arm					
Dumbbell Standing Calf Raise	3x10					
Dumbbell Shoulder Shrugs	3x10					
SATURDAY						
Treadmill or Outdoor Walk	10 minutes					
SUNDAY						
REST						
WEEK 4						
MONDAY						
WARMUP: Treadmill Walk	10 minutes					
Dumbbell Goblet Squat	4x10					
Barbell Bench Press	3x8					
Standing Dumbbell Overhead Shoulder Press	3x8					
Cable Bicep Curls	4x10					
Pushups	4x8					
TUESDAY						
WARMUP: Treadmill Walk	10 minutes					
Hamstring Curl Machine	4x10					
Bent Over Barbell Rows	3x6					
Lat Pulldown Machine	3x8					
Dumbbell Lateral Shoulder Raise	4x10					
WEDNESDAY						
Treadmill Walk or Outdoor Walk	15 minutes					
THURSDAY						
WARMUP: Stationary Bicycle	10 minutes					
Flat Bench Dumbbell Chest Fly	4x8					
Dumbbell Forward Lunges	3x8 each leg					
Dumbbell Front Raise	3x10					
Plank	3x30 secs					
FRIDAY						
WARMUP: Stationary Bicycle	10 minutes					
Seated Cable Row	3x10					

Standing Tricep Cable Pushdown	3x10				
Single Arm Dumbbell Row (neutral grip)	3x8 each arm				
Dumbbell or Machine Standing Calf Raise	3x10				
Dumbbell Shoulder Shrugs	3x10				
SATURDAY					
Treadmill or Outdoor Walk	10 minutes				
SUNDAY					
REST					