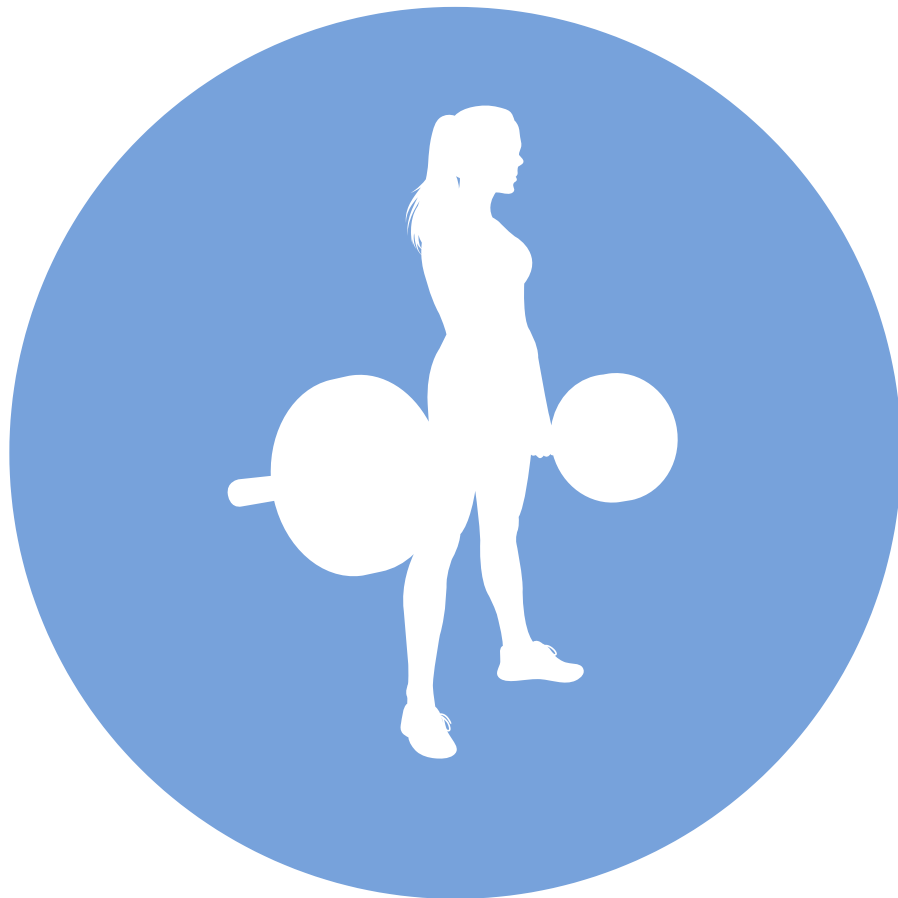


# 12-Week Beginner-Friendly Workout Plan

Goal: Strength



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# Strength Training Workout Program

## THE PROGRAM:

This workout program is a 4-day weight training program focused on specific muscle groups. Each workout contains a main working muscle group and accessory exercises to maximize strength, muscle gain, biomechanic balance, and injury prevention.

This program has been designed to be continuously used for a 3-month time period. This means that you will perform the same workouts each week over the course of your program. Although the exercises are the same, your goal is to increase the weight you are lifting over time. This strength training protocol is founded on the evidence-based process called **progressive overload**.

During your program you will also be given cardio recommendations based on your current activity level.

## GOALS:

- Focus on slow and controlled movement
- Exercise with intention
- Aim to increase weight or repetitions over time (This will help to challenge your muscles and help them get stronger)
- Have fun!

## RULES TO FOLLOW:

1. Don't stress!
2. See rule #1
3. Be consistent
4. Work Hard
5. Be Patient
6. Trust The Process
7. Focus on progress not perfection
8. Don't compare yourself to others

# Day 1: Chest/Triceps

## Prior to Beginning Every Strength Training Session:

Begin with a 5-10 minute cardio warm-up. You should not aim to exert yourself here. This warm-up is done to elevate your heart rate and get blood flowing to your muscle to increase performance and decrease the risk of injury.

## Exercises

Exercises 1-4 focus on the chest muscles and exercise 4-7 focus on the tricep muscles

### 1. Dumbbell Incline Chest Press

**Sets:** 5

**Repetitions:** 5,5,3,2,1

**Rest:** 2-5 minutes between each set

### 2. Bench Press or Machine Chest Press

**Sets:** 5

**Repetitions:** 5 5,3,2,1

**Rest:** 2-5 minutes between each set

### 3. Dumbbell Fly's

**Sets:** 5

**Repetitions:** 5,5,3,2,1

**Rest:** 2-5 minutes between each set

### 4. Push-ups

**Sets:** 3

**Repetitions:** 10, 10, 10

**Rest:** 2 minutes between each set

### 5. Tricep Rope Cable Pressdown

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

**Note:** Make sure to keep the rope apart.

Don't let arms/rope come together

### 6. Straight bar tricep press down

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

### 7. Tricep Kickbacks

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

**Note:** Keep upper body vertical off the bench, being too far out will put too much stress on the shoulders

## Exercise Notes:

# Day 2: Legs

## Prior to Beginning Every Strength Training Session:

Begin with a 5-10 minute cardio warm-up. You should not aim to exert yourself here. This warm-up is done to elevate your heart rate and get blood flowing to your muscle to increase performance and decrease the risk of injury.

## Exercises

### 1. Leg Press

**Sets:** 5

**Repetitions:** 5,5,5,5,5

**Rest:** 2-5 minutes between each set

### 2. Squats

**Sets:** 5

**Repetitions:** 5,5,5,5,5

**Rest:** 2-5 minutes between each set

### 3. Leg Extension

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

### 4. Lying Leg curl

**Sets:** 4

**Repetitions:** 5,5,4,3

**Rest:** 2-5 minutes between each set

### 5. Weighted Alternating Reverse Lunges

**Sets:** 4

**Repetitions:** 10 total (5 each side)

**Rest:** 2 minutes between each set

### 6. Deadlift

**Sets:** 5

**Repetitions:** 5, 4,3, 2,1

**Rest:** 2-5 minutes between each set

### 7. Machine calf raises (can either be seated or standing)

**Sets:** 5

**Repetitions:** 5, 5, 5, 5, 5

**Rest:** 2-5 minutes between each set

## Exercise Notes:

# Day 3: Back/Biceps

## Prior to Beginning Every Strength Training Session:

Begin with a 5-10 minute cardio warm-up. You should not aim to exert yourself here. This warm-up is done to elevate your heart rate and get blood flowing to your muscle to increase performance and decrease the risk of injury.

## Exercises

### 1. Dumbbell Row

**Sets:** 4 sets each side

**Repetitions:** 5,5,4,3

**Rest:** 2-5 minutes between each set

### 2. Lat Pull Down

**Sets:** 5

**Repetitions:** 5, 5,5,4,3

**Rest:** 2-5 minutes between each set

### 3. Seated Rows

**Sets:** 4

**Repetitions:** 5, 5, 4, 4

**Rest:** 2-5 minutes between each set

### 4. Bent over Barbell rows

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

### 5. Alternating Dumbbell Bicep Curls

**Sets:** 3 sets each side

**Repetitions:** 10, 10 , 10 (5 each side)

**Rest:** 2-5 minutes between each se

### 6. Bicep Cable Curl

**Sets:** 5

**Repetitions:** 5, 5, 5, 5, 5

**Rest:** 2-5 minutes between each set

**Note:** Use a straight bar attachment

### 7. Barbell curls

**Sets:** 5

**Repetitions:** 5, 5, 5, 5, 5

**Rest:** 2-5 minutes between each set

**Note:** Use a straight bar

## Exercise Notes:

# Day 4: Shoulders/Core

## Prior to Beginning Every Strength Training Session:

Begin with a 5-10 minute cardio warm-up. You should not aim to exert yourself here. This warm-up is done to elevate your heart rate and get blood flowing to your muscle to increase performance and decrease the risk of injury.

## Exercises

### 1. Seated Overhead Dumbbell Press

**Sets:** 4 sets

**Repetitions:** 5, 5, 4, 4

**Rest:** 2-5 minutes between each set

### 2. Dumbbell Lateral Raises

**Sets:** 4

**Repetitions:** 5, 5, 4, 3

**Rest:** 2-5 minutes between each set

### 3. Alternating Dumbbell Front Raises

**Sets:** 4 sets each side

**Repetitions:** 5, 5, 5, 5 (10 each side)

**Rest:** 2-5 minutes between each set

### 4. Barbell upright row

**Sets:** 3

**Repetitions:** 5, 5, 4, 4

**Rest:** 2-5 minutes between each set

### 5. Crunches

**Sets:** 3

**Repetitions:** 15, 15, 15

**Rest:** 2 minutes between each set

### 6. Bicycle Abs

**Sets:** 3 sets

**Repetitions:** 20, 20, 20 10 each side)

**Rest:** 2 minutes between each set

### 7. Leg raises

**Sets:** 3

**Repetitions:** 15, 12, 10

**Rest:** 2 minutes between each set

## Exercise Notes:

# WORKOUT LOG

Date : \_\_\_\_\_

Total Workout Time : \_\_\_\_\_

Workout Day : \_\_\_\_\_

Resistance Training	Set: 1		Set: 2		Set: 3		Set: 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE

Date : \_\_\_\_\_

Total Workout Time : \_\_\_\_\_

Workout Day : \_\_\_\_\_

Resistance Training	Set: 1		Set: 2		Set: 3		Set: 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE



# WORKOUT LOG

Date : \_\_\_\_\_

Total Workout Time : \_\_\_\_\_

Workout Day : \_\_\_\_\_

Resistance Training	Set: 1		Set: 2		Set: 3		Set: 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE

Date : \_\_\_\_\_

Total Workout Time : \_\_\_\_\_

Workout Day : \_\_\_\_\_

Resistance Training	Set: 1		Set: 2		Set: 3		Set: 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE



# Thank You

*Let's stay in touch*

I hope that you've enjoyed this workout guide and you're one step closer to reaching your health and fitness goals!

If you're looking for further assistance or any more advice, please contact me on my website. Simply click the button below!

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