

# The Beginner's Gym Workout Plan

If you haven't worked out in a long time or you're just starting for the first time, your main goal for the first few weeks will be to learn the correct form for each exercise and to build a base of strength and stability.

This will set a good foundation for your workout program. For the first four weeks, we'll be doing a warm-up and two exercises each day. For many people who are used to doing a lot of isolation exercises (i.e. bicep curls, calf raises), you might think that two exercises is barely a workout.

But the difference here is that we're doing compound exercises that work the largest muscle groups, which means more definition in your muscles and a higher amount of fat is burned.



# The Workout Schedule

## Monday

- Warm up for 3-5 minutes by either jumping rope, doing jumping jacks, using a rower machine or riding a stationary bike.
- **Squats** – 1 set of 12 repetitions with no barbell and then 3 sets of 12 repetitions with the barbell (no added weights. (
- **Shoulder Press** – 3 sets of 12 reps with the barbell. (

Note: Rest 60-90 seconds between each set.

## Wednesday

- Warm-up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike.
- **Deadlift** – 3 sets of 12 repetitions with the barbell. (see note #2 below) (
- **Chin ups/pull ups** – 3 sets of 8 reps. (see note #3 below if you can't do a chin-up yet) (

Note: Take a 60-90 second rest between each set

Note 2: To perform the deadlift with just a barbell, you'll need to put the bar on something about 6-8 inches high to simulate the height the

bar would be if there were weight plates on it. My suggestions would be putting the hooks on the squat bar really low, stacking weights up, using step ups or stools, use fake plastic plates or use plyo boxes. The goal is to simulate the height that the bar would be with real plates on it.

Note 3: If you can't complete 8 chin ups (most newbies can't) there are a few ways to get help. Use an assisted chinup machine at the gym which will provide assistance for you and help push you up. Make sure the assistance you use makes it hard to finish 8 reps (dont use it as a trampoline!) You can also use stretch bands by hanging them over the top of a squat rack and hooking them under your feet. Your last option is to have a partner hold your feet and help push you up and down.

## **Friday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Squats** – 1 set of 12 repetitions with no barbell and then 3 sets of 12 repetitions with the barbell (no added weights (
- **Bench Press** – 3 sets of 12 repetitions with the barbell (no weight added). If the barbell is too heavy then use dumbbells that allow you to do 12 reps. (

Notes: Rest 60-90 seconds between each set

## *Week 2 workout*

### **Monday**

- Warm up for 3-5 minutes by either jumping rope, doing jumping jacks, using a rower machine or riding a stationary bike
- **Deadlift** – 3 sets of 12 repetitions with the barbell. (
- **Chin ups/pull ups** – 3 sets of 8 reps (

Note: Take a 60-90 second rest between each set **Wednesday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Squats** – 1 set of 12 repetitions with no barbell and then 3 sets of 12 repetitions with the barbell (no added weights (
- **Bench Press** – 3 sets of 12 repetitions with the barbell (no weight added). If the barbell is too heavy then use dumbbells that allow you to do 12 reps. (

Note: Rest 60-90 seconds between each set **Friday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Deadlift** – 3 sets of 12 repetitions with the barbell. (
- **Shoulder Press** – 3 sets of 12 reps with the barbell (

Notes: Rest 60-90 seconds between each set

## *Week 3 workout*

Note: Add in our [simple diet plan](#) during week 3 by now you should have a good grasp of all of the basic exercises we're going to be working with. If you still can't complete the workouts listed above with the barbell as weight that's perfectly fine. Just continue the two-week workout above for another two weeks before moving on to the Week 3 workout. For week 3, we're going to add two new elements to your workout...

- A simple diet plan
- Weight to the barbell (unless you feel you're not ready)

If you've made it through the two workouts above and feel like you can add weight to the bar, then we'll add weight in this workout. To add weight to the bar, you'll want to add a weight that makes it hard to do 12 reps. Notice I said 12 reps, not 13 or 14!

If you're putting up more than 12 reps, it's not enough weight. Your last few reps should be very tough to eek out. Also make sure you are completing all 12 reps with **GOOD form**. If you have to do half-assed [shoulder workout](#) to get 12 done, then the weight is too much. Proper form is much more important than lifting more weight.

This is really a **trial and error** process with picking a weight, but a good place to start would be to add about 15 lbs. to each end of the bar (30 lbs. total) and then move up or down from there to find your correct weight for 12 reps.

### **Monday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Squats** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 reps with the added weight (

- **Shoulder Press** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 reps with the added weight (

Notes: Rest 60-90 seconds between each set **Wednesday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Deadlift** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 reps with the added weight (
- **Chin ups/pull ups** – 3 sets of 8 reps (

Note: Take a 60-90 second rest between each set **Friday**

- Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike
- **Squats** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 reps with the weight added
- **Bench Press** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 reps with the weight added

## *Week 4 Workout*

Ok it's week 4 now, and we're almost finished with the 4-week beginner program. Time to finish strong. If you look back at your notes from last week, you should **check to see if you need to add/lose some of the weight on the bar**. If you were falling short of the 12 reps, you'll need to lose some of the weight plates, and if you were pumping out 12 reps rather easily you'll need to add some more weight to the bar.

### **Monday**

○ Warm up for 3-5 minutes by either jumping rope, doing jumping jacks, using a rower machine or riding a stationary bike

□ **Deadlift** – 1 set of 12 reps with just the bar, and then 3 sets of 12 repetitions with weight added. (

□ **Chin ups/pull ups** – 3 sets of 8 reps (

Note: Take a 60-90 second rest between each set **Wednesday**

○ Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike

□ **Squats** – 1 set of 12 repetitions with the barbell and then 3 sets of 12 repetitions with the weights added (

□ **Bench Press** – 1 set of 12 reps with just the barbell, and then 3 sets of 12 repetitions with the weight added. If the barbell is too heavy then use dumbbells that allow you to do 12 reps. (

Note: Rest 60-90 seconds between each set **Friday**

○ Warm up for 3-5 minutes by either jumping rope, using a rower machine or riding a stationary bike

□ **Deadlift** – 1 set of 12 reps with just the barbell, and then 3 sets of 12

repetitions with the weight added (

- **Shoulder Press** – 1 set of 12 reps with the barbell and then 3 sets of 12 reps with the weight added. (

Notes: Rest 60-90 seconds between each set

## Supplements To Consider For Beginners:



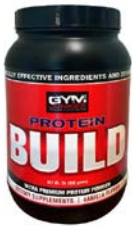
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Struggling to get those difficult to find vitamins?

If so then these multivitamin support capsules are going to be a big help. The 60 capsules use only the highest quality ingredients and nutrients including vitamins C and E. As well as B-6 and B-16 folates and the fat metabolism mineral chromium which is so difficult to find that many people only take in up to 60% on the needed amount in their regular diets. These minerals help in many ways from helping build muscle, burn fat more easily and increasing bone health

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## GYM JUNKIES Protein

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Terry Asher &

Team Gym Junkies

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