

## BEGINNER PROGRAMMING

**Your Workouts:** I've designed 12 weeks worth of muscle building, fat losing, bad-ass making workouts. Each week provides two upper body workouts and two lower body workouts. All workouts end with dynamic conditioning work, and every week incorporates core building abdominal strength work. I would highly advise that you don't complete more than two workouts in a row without taking a day off. You could workout Monday, Wednesday, Friday, and Saturday; or you could workout Monday, Tuesday, Thursday, and Saturday, etc. Just make sure you give your body enough rest and recovery!

**Rest Days:** You can take a yoga class, work on mobility work, foam roll, or take long walks. Go for a bike ride, go hiking on the weekend, vary your fitness and do something fun. But most importantly, rest! If your muscles are screaming then stretch them, roll them, drink lots of water, soak in epsom salt baths, and relax. The muscles build when they rest. So rest!

### How to--Understanding sets and reps:

When you see something like "3x10" or "5x5," the first number means **SETS:** The number of times you will perform a certain exercise. For example, you will perform 3 sets of squats today.

The second number is **REPS:** How many times (repetitions) you'll perform the exercise within each set. For example, you'll perform 10 squats within each set. So 3x10 squats means you'll perform three sets of 10 squats.

**Supersets** means to do two exercises back to back. So if it says to "superset with..." that means do one set of the first exercise, immediately do one set of the next exercise, THEN take your break before round two.

**Work sets:** for many of the exercises listed in this program it will be important to do a few warm up sets before doing the **work sets**, which are the sets that have enough resistance to produce the muscle growth. We have not listed warm up sets in the program. We recommend doing warm up sets on all exercises that use different muscles. (If you are unsure if you should do a warm up set or not then err on the side of doing more warm up sets.) All of the exercise sets listed in this program are work sets.

### How do you choose the appropriate amount of weight for each exercise?

The first time you lift you may have to do an extra set (call it a warm up set) to figure out exactly what weight you should use. Whenever you lift, the last three repetitions should be tough enough that you need a minimum of 30 seconds to one minute to recover from the lift. If you're performing 10 repetitions, reps 8, 9, and 10 should feel very challenging, yet still doable. Rep 11 should feel impossible. If you're doing sets of 8, then reps 6, 7, and 8 should be very tough to accomplish! One of the biggest mistakes that lifters do early on is not lift

heavy enough to get results. Remember: there’s a fine line between “pushing for muscle growth” and “injuring yourself.” Be smart enough to know your body and understand the difference.

**Most of the exercises listed below are linked to YouTube videos for further detail on how to perform each lift correctly.**

**Weeks 1-4, Day 1**

Warmup: 5-8 minutes light cardio (treadmill, walking, jump rope, bike, elliptical, etc.) and dynamic stretching and remember it is very wise to do warm up sets for new exercises, especially ones that are incorporating new muscle groups.

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> <a href="#">Box (or bench) step-ups</a> , 20 total (without the weight)					
<b><a href="#">Dumbbell Lunges 5x5/leg</a></b> (don't use weight if balance is an issue! Start slow and be safe!)					
<b><a href="#">Glute Bridge Ups 3x10</a></b> (start with first version before progressing)					
<b><a href="#">Air Squats: 3x12</a></b> (optional is to <a href="#">hold a dumbbell</a> as you start to advance)					
<b><a href="#">Swiss Ball Hamstring Curls 3x10</a></b>					
<b>Dynamic Conditioning:</b> 5 rounds of 100 meter run with a 15 second <a href="#">plank hold</a> at the end of each run. Rest 2 minutes between each sprint.					

**Day 2 Workout Weeks 1-4**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> <a href="#">Balls Slams</a> 20 reps (or <a href="#">medicine ball toss to a partner!</a> )					
<b><a href="#">Negative Push-ups</a> 5x5</b>					
<b><a href="#">Dumbbell Flyes</a> 3x10</b>					
<b><a href="#">Negative Tricep Push-ups</a></b> <b>3x5</b> (:19 into the video and keep elbows close to body!)					
<b><a href="#">Lying Rib Pullovers</a>: 3x10</b>					
<b><a href="#">Dumbbell Push-Press</a></b> <b>3x8/arm</b>					
<b>Dynamic Conditioning:</b> 3 rounds of 250 meter <a href="#">row</a> . Rest 2 minutes between each row.					

**Day 3 Weeks 1-4**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> <b><a href="#">10 Squat Thrusts</a></b>					
<b><a href="#">Dumbbell Strict Press</a></b> <b>5x5</b>					
<b><a href="#">Band Pull-Aparts</a> 3x15</b>					
<b>Plank: 3 x :30</b>					
<b><a href="#">Supermans</a>: 3x15</b>					

<b><a href="#">Leg Raises</a>: 5x10</b>					
<b>Conditioning:</b> As many rounds possible in 15 minutes: 5 burpees, 10 squats, 15 sit-ups					

**Day 4 Weeks 1-4**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> <a href="#">Russian Kettlebell Swings</a> 20 reps					
<b><a href="#">Single Leg Deadlifts</a></b> 5x5/Leg					
<b><a href="#">Lat Pull Down</a> 3x10</b>					
<b><a href="#">Single Arm Dumbbell Rows</a> 3x10/arm</b>					
<b><a href="#">Assisted Pull-ups</a>: 3 x 5</b> ( <a href="#">or this variation</a> )					
<b><a href="#">Sit-ups</a> 5x20</b>					
<b>Dynamic conditioning: 5</b> Rounds: 10 Kettlebell Swings, <a href="#">10 Wall Balls</a>					

**Weeks 5-8: Day 1**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> Air squats 20 reps total					
<b><a href="#">Goblet Squat</a> 5x10</b>					

<b>Glute Bridge Ups with weight in lap 3x8</b>					
<b>Weighted Step-Ups 3x8 reps</b>					
<b>Swiss Ball Ham Curls 3x15</b>					
<b>Dynamic Conditioning:</b> 10 rounds, 20 sec hill sprint (use incline treadmill) and 40 second break. If this is too challenging, perform 5 rounds of max effort sprints (whatever that means for YOU) and rest 2 minutes after each sprint.					

**Day 2 Workout Weeks 5-8**

Warmup: 5-8 minutes light cardio and dynamic stretching

<b>Exercise</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Notes</b>
<b>Dynamic Warm-up skill:</b> Wall Balls 15 reps					
<b><u>Dumbbell Bench Press</u></b> <b>5x5</b>					
<b>Chest Flies 3x8 (superset with)</b>  <b><u>Back Flies</u> 3x8 Machine or on bench</b>					
<b>Knees assisted <u>Tricep Push-ups</u>: 3x8 (superset with)</b>  <b>Dips with weight in lap 3x8 reps</b>					

<b>Dynamic Conditioning:</b> As many rounds possible in 12 minutes: 10 dumbbell push-press (5/arm), 15 <a href="#">shoulder taps</a> (each side), 20 sit-ups					
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**Day 3 Weeks 5-8**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> 20 Wall-Balls or Ball Slams					
<b>Dumbbell Strict Press</b> <b>5x5</b>					
<b><a href="#">Ts, Ys, and Ws</a> 3x10 each</b> (with very light weight, no more than 1-3 lbs)					
<b><a href="#">Dumbbell lat raises</a> 3x8</b>					
<b><a href="#">Prone walk-outs on stability ball</a>: 3 x 10</b>					
<b>Dynamic Conditioning:</b> 7 Rounds of 5 burpees, 5 kettlebell swings, 5 <a href="#">lunges</a> (each leg)					

**Day 4 Workout Weeks 5-8**

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skill:</b> Russian KB Swings 15 reps					

<b><a href="#">Kettlebell Deadlift</a> 5x5</b> (one or two bells)					
<b><a href="#">Assisted Chin-ups</a> 3x8</b> (superset with)  <b><a href="#">Neutral grip row</a> 3x8</b>					
<b>Dumbbell <a href="#">Overhead Tricep Extensions</a> 3x8</b>					
<b><a href="#">Farmer Carries</a>: 3x1:00</b> <b>As heavy as possible</b>					
<b>Dynamic Conditioning:</b> Every minute on the minute for 10 minutes: 5 <a href="#">dumbbell bicep curls</a> + 5 <a href="#">dumbbell front squats</a>					

### Weeks 9-12 Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up:</b> Box step-ups, 20 reps					
<b>Goblet Squats 5x10</b>					
<b>Weighted Lunges 3x10</b>					
<b>Weighted Step-ups 3x10</b>					
<b><a href="#">Single Leg Deadlift</a> 3x10/leg</b>					
<b>Dynamic Conditioning:</b> 8 Minutes, as many rounds possible: 8 <a href="#">dynamic (jumping) lunges</a> , 12 kettlebell swings, 15 wall balls					

**Day 2** Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic warm-up skills:</b> <a href="#">Med Ball Chest Press</a> or Wall Balls 20 reps					
<b>Dumbbell Bench Press</b> <b>5x5</b>					
<a href="#">Chest Press Machine</a> <b>3x10</b>					
<b>Weighted Dips 3x8 reps</b>					
<b>Bicep Curls: 3x12</b>					
<b>Dynamic Conditioning:</b> Every minute on the minute: Minute one: Max effort push-ups (rest for remainder of minute once reaching max) and on minute two: Max effort <a href="#">V-Ups</a> . Repeat for 12 minutes.					

**Day 3** Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
<b>Dynamic Warm-up skills:</b> Russian Kettlebell Swings 20 reps					
<a href="#">Pre-weighted barbell</a> <a href="#">Romanian Deadlift</a> <b>5x5</b>					
<b>Assisted Pull Ups 3x8</b>					



<b>Neutral Grip Rows 3x8</b>					
<b>Alternating dumbbell curls 3x10</b>					
<b>Dynamic Conditioning:</b> For time: 75 jumps with jump rope, 25 burpees, 75 jumps with jump rope					

**Day 4 Weeks 9-12**

Warmup: 5-8 minutes light cardio and dynamic stretching

<b>Exercise</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Notes</b>
<b>Dynamic Warm-Up Skills:</b> Med Ball Overhead Throw 20 reps					
<b>Dumbbell Push Press 5x10</b>					
<b>Back Flies 3x15</b>					
<b><u>Prone Walk-Outs</u> 3x15</b>					
<b><u>½ Get-Ups</u> 3x10/side</b> (start without weight and practice the proper form)					
<b>Dynamic Conditioning:</b> For time: 15 kettlebell swings, 15 calorie row, 10 kb swings, 10 calorie row, 5 kb swings, 5 calorie row					