Sample programs for beginners

Notes: These programs can be made more difficult very quickly. If you are an individual with these needs, start with a basic program and let me help you enhance it. Feel free to print these or copy and paste the one(s) you want to start with and bring to class (to fill out your card properly).

When an exercise reads 3x10, this means 3 sets of 10 repetitions. So 2-3x8-12 would mean two or three sets of eight to twelve repetitions. 8-12 is a rep-range, meaning; if you can very easily do 12, increase the weight. If 8 reps were extremely difficult – decrease the weight (for now).

If you see an “*” next to a repetition, this means an additional, lighter warm up set or two is needed before starting your work-sets (regular sets). Example: 3x10* - means 1 or 2 additional stets will take place before the 3x10 starts.

For now, rest about 1 minute between sets. This will change in time depending on goals, intensity, etc. See me with questions if you have any before we discuss this in greater detail.

If you are substituting in or changing a few exercises – (or changing the order of exercises to a certain degree because of availability or individual needs) - please remember “big to small” – meaning large muscle groups, or multi-joint exercises must be trained before small muscle groups, or single-joint exercises for optimum development. Example: Don’t do dumbbell curls before lat pull down, or tricep press downs before db chest press.

Also, if making changes to the programs below, a good rule of thumb/starting point for beginners is to train each muscle group 2-3 times a week. Doing 1-3 exercises of 2-4 sets for large muscle groups (chest, back, legs), and 1-2 exercises of 2-3 sets for small muscle groups (arms, calves, shoulders, etc). For starting out, keep your reps between 10-15.
Remember to **breathe out** when you lift the weight, or during the “hard part”. Or in technical terms, when the target muscle group you are training is shortening.

**Programs:**

**Example 1: Full body, 3x a week**

**Monday**
Angled Leg press –or- Leg press machine 2-3x10-15*
db bent over row 2x12-15*
db chest press 2x12-15*
45 degree calf raise 2-3x12-15
db lateral raise 2x10-12
tricep press down 2x10-12

**Wednesday**
lat pull down 2-3x12-15*
db shoulder press 2-3x10-12*
leg extension 2x12-15*
seated leg curl 2x12-15*
standing BB curl 2x10-12
db overhead extension 2x10-12

**Friday**
db chest press 2-3x12-15*
db fly 2x10-12
db bent over row 2-3x12-15*
leg press – or – hack squat 3x12-15*
standing leg curl 2x12-15
45 degree calf 2-3x12-15
Example 2: Upper Body, Lower Body, Upper Body (MWF), and then Lower, Upper, Lower the following week. This is a little more advanced because of the volume.

Week 1
Monday – upper body
Db bent over row 2-3x10-12*
Lat pull down 2x10-12
Db chest press 2-3x10-12*
Db lateral raise 2x10-12
Tricep press down 2-3x10-12
Standing BB curl 2-3x 10-12

Wednesday – lower body
Angled Leg press 2-3x10-15*
Leg press machine 2x10-12
Leg extension 2-3x10-12
Seated leg curl 2x10-12
Standing leg curl 1x12-15
45 degree calf 3x12-15

Friday – upper body
Db shoulder press 3x12-15*
Db fly 2-3x10-12*
Lat pull down (narrow reverse grip) 3x10-12*
Db overhead extension 2-3x10-12
Seated alternate db curl 2-3x10-12
**Week 2**

**Monday – lower body**
- Angled Leg press 3x10-12*
- Leg extension 2-3x10-12
- Seated leg curl 2-3x10-12
- Adduction/abduction hip machines 2x12-15
- 45 degree calf 3x12-15

**Wednesday – upper body**
- Db bent over row 2-3x10-12*
- Lat pull down 2x10-12
- Db chest press 2-3x10-12*
- Db shoulder press 2x10-12
- Tricep press down 2-3x10-12
- Standing BB curl 2-3x 10-12

**Friday – lower body**
- Leg press machine 3x10-12*
- 45 degree calf –or-seated calf raises 2-3x12-15*
- Standing leg curl 2-3x12-15
- Seated leg curl 1-2x10-12
- Leg extension 2-3x12-15