

Training for Beginners

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Week: _____

Workout A	Date:	Set 1	Set 2	Set 3	Set 4	Set 5
	Exercise	W/R	W/R	W/R	W/R	W/R
Quads	Leg Extension	/	/	/	/	/
Chest	Bench Press	/	/	/	/	/
Deltoids (front)	Military Press	/	/	/	/	/
Calves	Calf Raise	/	/	/	/	/
Triceps	Pushdown	/	/	/	/	/

Workout B	Date:	Set 1	Set 2	Set 3	Set 4	Set 5
	Exercise	W/R	W/R	W/R	W/R	W/R
Back	Front Pulldown	/	/	/	/	/
Hamstring	Hamstring Curl (ball)	/	/	/	/	/
Deltoid (side)	Lateral Raise	/	/	/	/	/
Biceps	Curl	/	/	/	/	/
Abs	Crunch	/	/	/	/	/

Workout A	Date:	Set 1	Set 2	Set 3	Set 4	Set 5
	Exercise	W/R	W/R	W/R	W/R	W/R
Quads	Leg Extension	/	/	/	/	/
Chest	Bench Press	/	/	/	/	/
Deltoids (front)	Military Press	/	/	/	/	/
Calves	Calf Raise	/	/	/	/	/
Triceps	Pushdown	/	/	/	/	/






Workout B	Date:	Set 1	Set 2	Set 3	Set 4	Set 5
	Exercise	W/R	W/R	W/R	W/R	W/R
Back	Front Pulldown	/	/	/	/	/
Hamstring	Hamstring Curl (ball)	/	/	/	/	/
Deltoid (side)	Lateral Raise	/	/	/	/	/
Biceps	Curl	/	/	/	/	/
Abs	Crunch	/	/	/	/	/

General Principle: Do each exercise with enough weight so that eight repetitions is the most that you can achieve during a given set. If you can achieve more than eight repetitions, increase the weight.

Training for Beginners Workout A

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Workout A

Muscle	Exercise	Preparation	Execution	Image
Quads	Leg Extension	Sit on apparatus with back against padded back support. Place front of lower leg under padded lever. Position knee articulation at same axis as lever fulcrum. Grasp handles to sides for support.	Move lever forward by extending knees until leg are straight. Return lever to original position by bending knees. Repeat.	 © 1999 ExRx.net
Chest	Bench Press	Lie supine on bench with upper chest under lever bar. Grasp lever bar with a wide oblique overhand grip.	Press bar until arms are extended. Lower weight to upper chest. Repeat.	 © 1999 ExRx.net
Deltoids (front)	Military Press	Position dumbbells to each side of shoulders with elbows below wrists.	Press dumbbells until arms are extended overhead. Lower and repeat.	 © 1999 ExRx.net
Calves	Calf Raise	Grasp dumbbell in one hand to side. Position toes and balls of feet on calf block with arches and heels extending off. Place hand on support for balance. Lift other leg to rear by bending knee.	Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched. Repeat. Continue with opposite leg.	 © 1999 ExRx.net
Triceps	Pushdown	Face high pulley and grasp cable attachment with overhand grip. Position elbow to side.	Extend arm down. Return until forearm is close to upper arm. Repeat.	 © 1999 ExRx.net

Training for Beginners Workout B

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Workout B

Muscle	Exercise	Preparation	Execution	Image
Back	Front Pulldown	Grasp cable bar with a wide grip. Sit with thighs under supports.	Pull down cable bar to upper chest. Return until arms and shoulders are fully extended. Repeat.	 © 1999 ExRx.net
Hamstring	Hamstring Curl (ball)	Lie on your back with your heels resting in the middle of the exercise ball. Elevate your hips, engage your abdominals, and hold the position for a few seconds until you're stable.	Once stable, roll the ball toward your buttocks and back (keeping hips elevated). You should feel the work behind your upper leg in the hamstrings.	
Deltoid (side)	Lateral Raise	Grasp dumbbells in front of thighs. Bend over at hips slightly with knees bent.	With elbows slightly bent, raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat.	 © 2004 ExRx.net
Biceps	Curl	Position two dumbbells to sides, palms facing in, arms straight.	With elbows to the sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.	 © 1999 ExRx.net
Abs	Crunch	Lie supine on bench with head hanging off and knees and hips bent. Hold plate behind neck or on chest with both hands or use no weight.	Flex waist to raise upper torso from bench. Return until the back of the shoulders contact the padded incline board. Repeat.	 © 2001 ExRx.net