

GYM WORKOUT PLAN FOR BEGINNERS PDF

Thank you for downloading our Gym Workout Plan for Beginners PDF!

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

WEEK 1 – 4				
Day 1				
UPPER 1: CHEST / ARMS	Set 1	Set 2	Set 3	Set 4
Cable Push-down	12-15	10-12	8-10	
Chest Press	12-15	10-12	8-10	
Underhand Chest Press	12-15	10-12	8-10	
Cable Crossover	12-15	10-12	8-10	
Bicep Curls	12-15	10-12	8-10	
Hammer Curls	12-15	10-12	8-10	
Cable Triceps Push-downs	12-15	10-12	8-10	
Dumbbell Arm Extensions	12-15	10-12	8-10	
Day 2				
LOWER 1: LEGS / CORE	Set 1	Set 2	Set 3	Set 4
Dumbbell Squats	12-15	12-15	10-12	8-10
Leg Extensions	12-15	12-15	10-12	8-10
Romanian Deadlifts	12-15	12-15	10-12	
Leg Curls	12-15	12-15	10-12	
Calf Raises	15-20	15-20	15-20	
Crunches	15-20	15-20	15-20	
Side bends	15-20	15-20	15-20	
Sit-ups with a Twist	15-20	15-20	15-20	
Day 3				
REST				
Day 4				
UPPER 2: SHOULDERS / BACK	Set 1	Set 2	Set 3	Set 4
Side Lateral Raises	12-15	10-12	8-10	
Front Raise	12-15	10-12	8-10	
Rear Delt Flyes	12-15	10-12	8-10	
Shrugs	12-15	10-12	8-10	
Dumbbell Shoulder Presses	12-15	10-12	8-10	
Motorcycle rows or Lat Pull-Downs	12-15	10-12	8-10	
Chest Supported Dumbbell Rows	12-15	10-12	8-10	
Lat Pull-Ins	12-15	10-12	8-10	
Scapula Shrugs	12-15	10-12	8-10	
Day 5				
LOWER 2: LEGS / CORE	Set 1	Set 2	Set 3	Set 4
Leg Extensions	15-20	15-20	12-15	10-12
Leg Curls	15-20	15-20	12-15	
Calf Raises	15-20	15-20	15-20	
Crunches	15-20	15-20	15-20	
Hex Bar Squats	12-15	12-15	10-12	8-10
Day 6				
REST				
Day 7				
REST				

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WEEK 5 – 8				
Day 1				
UPPER 1: CHEST / ARMS	Set 1	Set 2	Set 3	Set 4
Cable Push-down	12-15	10-12	8-10	
Chest Press	12-15	10-12	8-10	
Underhand Chest Press	12-15	10-12	8-10	
Cable Crossover	12-15	10-12	8-10	
Bicep Curls	12-15	10-12	8-10	
Hammer Curls	12-15	10-12	8-10	
Cable Triceps Push-downs	12-15	10-12	8-10	
Dumbbell Arm Extensions	12-15	10-12	8-10	
Day 2				
LOWER 1: LEGS / CORE	Set 1	Set 2	Set 3	Set 4
Dumbbell Squats	12-15	12-15	10-12	8-10
Leg Extensions	12-15	12-15	10-12	8-10
Romanian Deadlifts	12-15	12-15	10-12	
Leg Curls	12-15	12-15	10-12	
Calf Raises	15-20	15-20	15-20	
Crunches	15-20	15-20	15-20	
Side bends	15-20	15-20	15-20	
Sit-ups with a Twist	15-20	15-20	15-20	
Day 3				
UPPER 2: SHOULDERS / BACK	Set 1	Set 2	Set 3	Set 4
Side Lateral Raises	12-15	10-12	8-10	
Front Raise	12-15	10-12	8-10	
Rear Delt Flyes	12-15	10-12	8-10	
Shrugs	12-15	10-12	8-10	
Dumbbell Shoulder Presses	12-15	10-12	8-10	
Motorcycle rows or Lat Pull-Downs	12-15	10-12	8-10	
Chest Supported Dumbbell Rows	12-15	10-12	8-10	
Lat Pull-Ins	12-15	10-12	8-10	
Scapula Shrugs	12-15	10-12	8-10	
Day 4				
REST				
Day 5				
UPPER 1: CHEST / ARMS	Set 1	Set 2	Set 3	Set 4
Cable Push-down	12-15	10-12	8-10	
Chest Press	12-15	10-12	8-10	
Underhand Chest Press	12-15	10-12	8-10	
Cable Crossover	12-15	10-12	8-10	
Bicep Curls	12-15	10-12	8-10	
Hammer Curls	12-15	10-12	8-10	
Cable Triceps Push-downs	12-15	10-12	8-10	
Dumbbell Arm Extensions	12-15	10-12	8-10	
Day 6				
LOWER 1: LEGS / CORE	Set 1	Set 2	Set 3	Set 4
Dumbbell Squats	12-15	12-15	10-12	8-10
Leg Extensions	12-15	12-15	10-12	8-10
Romanian Deadlifts	12-15	12-15	10-12	
Leg Curls	12-15	12-15	10-12	
Calf Raises	15-20	15-20	15-20	
Crunches	15-20	15-20	15-20	
Side bends	15-20	15-20	15-20	
Sit-ups with a Twist	15-20	15-20	15-20	
Day 7				
UPPER 2: SHOULDERS / BACK	Set 1	Set 2	Set 3	Set 4
Side Lateral Raises	12-15	10-12	8-10	
Front Raise	12-15	10-12	8-10	
Rear Delt Flyes	12-15	10-12	8-10	
Shrugs	12-15	10-12	8-10	
Dumbbell Shoulder Presses	12-15	10-12	8-10	
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