



# **EXERCISE FOR OBESE BEGINNERS AT HOME PDF**

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## WEEKS 1 - 4

	Exercise	Set 1	Set 2
Day 1	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12
	TRX Rows	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15
	Crunches	20-30	20-30
	Bike	10 minutes	
Day 2	TRX Squat Rows	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15
	Hip Bridges	15-20	15-20
	Hip Abductions, Side-lying	20	20
	Calf raises	20	20
	Mountain Climbers	20	20
	Bike	20 minutes	
Day 3	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12
	TRX Rows	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15
	Crunches	20-30	20-30
	Bike	10 minutes	
Day 4	TRX Squat Rows	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15
	Hip Bridges	15-20	15-20
	Hip Abductions, Side-lying	20	20
	Calf raises	20	20
	Mountain Climbers	20	20
	Bike	20 minutes	
Day 5	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12
	TRX Rows	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15
	Crunches	20-30	20-30
	Bike	10 minutes	
Day 6	TRX Squat Rows	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15
	Hip Bridges	15-20	15-20
	Hip Abductions, Side-lying	20	20
	Calf raises	20	20
	Mountain Climbers	20	20
	Bike	20 minutes	
Day 7	REST		

# EXERCISE FOR OBESE BEGINNERS AT HOME PDF

## WEEKS 5 - 8

	Exercise	Set 1	Set 2	Set 3
Day 1	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12
	TRX Rows	12-15	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15	12-15
	Crunches	20-30	20-30	20-30
	Bike	15 minutes		
Day 2	TRX Squat Rows	15-20	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20
	Calf raises	20	20	20
	Mountain Climbers	20	20	20
	Bike	30 minutes		
Day 3	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12
	TRX Rows	12-15	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15	12-15
	Crunches	20-30	20-30	20-30
	Bike	15 minutes		
Day 4	TRX Squat Rows	15-20	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20
	Calf raises	20	20	20
	Mountain Climbers	20	20	20
	Bike	30 minutes		
Day 5	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12
	TRX Rows	12-15	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15	12-15
	Crunches	20-30	20-30	20-30
	Bike	15 minutes		
Day 6	TRX Squat Rows	15-20	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20
	Calf raises	20	20	20
	Mountain Climbers	20	20	20
	Bike	30 minutes		
Day 7	REST			

# EXERCISE FOR OBESE BEGINNERS AT HOME PDF

## WEEKS 9 - 12

	Exercise	Set 1	Set 2	Set 3	Set 4
Day 1	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12	8-12
	TRX Rows	12-15	12-15	12-15	12-15
	Biceps Curls, bands, dumbbells, or TRX	15-20	15-20	15-20	15-20
	Triceps Extensions, bands, TRX, or supine (lying down) dumbbells	15-20	15-20	15-20	15-20
	Side laterals, bands or dumbbells	12-15	12-15	12-15	12-15
	Face Pulls, bands or TRX	12-15	12-15	12-15	12-15
	Crunches	20-30	20-30	20-30	20-30
	Bike	20 minutes			
Day 2	TRX Squat Rows	15-20		15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20	20
	Calf raises	20	20	20	20
	Mountain Climbers	20	20	20	20
	Bike	45 minutes			
	Day 3	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12
TRX Rows		12-15	12-15	12-15	12-15
Biceps Curls, bands, dumbbells, or TRX		15-20	15-20	15-20	15-20
Triceps Extensions, bands, TRX, or supine (lying down) dumbbells		15-20	15-20	15-20	15-20
Side laterals, bands or dumbbells		12-15	12-15	12-15	12-15
Face Pulls, bands or TRX		12-15	12-15	12-15	12-15
Crunches		20-30	20-30	20-30	20-30
Bike		20 minutes			
Day 4	TRX Squat Rows	15-20	15-20	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20	20
	Calf raises	20	20	20	20
	Mountain Climbers	20	20	20	20
	Bike	45 minutes			
	Day 5	Push-ups, progress from Chest Press with bands, to TRX Chest Press, to traditional Push-Ups	8-12	8-12	8-12
TRX Rows		12-15	12-15	12-15	12-15
Biceps Curls, bands, dumbbells, or TRX		15-20	15-20	15-20	15-20
Triceps Extensions, bands, TRX, or supine (lying down) dumbbells		15-20	15-20	15-20	15-20
Side laterals, bands or dumbbells		12-15	12-15	12-15	12-15
Face Pulls, bands or TRX		12-15	12-15	12-15	12-15
Crunches		20-30	20-30	20-30	20-30
Bike		20 minutes			
Day 6	TRX Squat Rows	15-20	15-20	15-20	15-20
	Squats, Bodweight. Use TRX or bands for support. Progress-dumbbells.	12-15	12-15	12-15	12-15
	Hip Bridges	15-20	15-20	15-20	15-20
	Hip Abductions, Side-lying	20	20	20	20
	Calf raises	20	20	20	20
	Mountain Climbers	20	20	20	20
	Bike	45 minutes			
	Day 7	REST			

## Program Guide:

- Warm up with light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Take the last two sets of every exercise to mechanical failure. The last rep or two should be a grind. If they're not, increase the weight.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Aim to gradually increase the weight from workout to workout.

**Disclaimer:** The information provided in this guide is intended for general informational and educational purposes only. It should not be used as a substitute for professional advice or treatment. While the exercises described in this workout plan for obese beginners are designed with consideration for beginners, they may not be suitable for everyone. If you have any health concerns, medical conditions, or are new to physical activity, please consult with a healthcare professional before starting this or any new exercise routine. Always listen to your body and perform these exercises at a pace and intensity level that feels comfortable for you. If you experience any pain, discomfort, or difficulty while doing these exercises, stop immediately and seek medical attention if necessary. Remember, safety and well-being should always be your top priority when engaging in any form of exercise.