



**BEGINNERS
WORKOUT PROGRAM**
2 - 12 MONTHS
LIFTING EXPERIENCE



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Beginners Workout Program
FULL BODY (3 x per week)

Date: _____

Start Time: _____

Prev Nights Sleep Rating (1-10):

Day: _____

Finish Time: _____

Prev Meal / Drinks:

Workout 1 of 1

Total Time: _____

Today's Energy Rating (1-10):

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Barbell Squat	3	12-15							
2	Flat Dumbbell Bench Press	3	12-15							
3	Seated Cable Back Row	3	12-15							
4	Seated Dumbbell Shoulder Press	3	12-15							
5	Lateral Pulldown	3	12-15							
6	Abdominal Crunches	3	15-30							

Notes:

Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets

Sets: Perform 3 sets of each exercise (not counting any warm up sets)

Repetitions: Start with a weight you can easily lift for 12 to 15 repetitions, or as indicated in the rep target column

Weight: In your first workout, get a feel for the weights and adjust the poundage so you know your 12-15 rep max in every exercise

Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)

Progression: Complete the exercise with good form and technique, stay with the same weight and work hard, aiming to do more reps than last time.

Increasing Weight: If you can complete all sets to the top of the rep target (15 reps), then increase the weight by 5 - 10% on the next workout.

Cooldown: Stretch carefully after your workout.

Help Needed: Msg me on GeorgeMinors@iCloud.com if you have any questions about how to complete the workout.

Workout Link: Direct link to the workout Program is here: <http://www.georgehealth.com/toolkit/workouts/beginner-workouts/>