

Beginners Workout

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Workout A												
Squats 3 X 8-10 Reps (2min rest)												
Bench Press 3 X 8-10 Reps (2min rest)												
Rows 3 X 8-10 Reps (2min rest)												
Optional Extras												
Tricep Press Down 2 X 10-12 Reps (2min rest)												
Calf Raises 2 X 10-15 Reps (2min rest)												
Workout B												
Deadlift 3 X 8-10 Reps (2min rest)												
Lat Pull Down 3 X 8-10 Reps (2min rest)												
Overhead Shoulder Press 3 X 8-10 Reps (2min rest)												
Optional Extras												
Bicep Curl 2 X 10-12 Reps (2min rest)												
AB Exercise 2 X Failure (2min rest)												

Track the weight you use and the reps each week.