

Workout Schedule for Beginners

Week 1-2: Foundation Building

Day 1: Full Body Workout

- 5-10 minutes of cardio (treadmill, stationary bike, or elliptical)
- Squats (Bodyweight or Goblet Squats with Dumbbell): 3 sets of 10 reps
- Push-Ups (Knee or Standard): 3 sets of 8 reps
- Lat Pulldowns: 3 sets of 10 reps
- Planks: 3 sets of 20-30 seconds
- Cool-down stretches

Day 2: Rest or Light Activity

Day 3: Cardio and Core

- 5-10 minutes of cardio
- Brisk Walking or Jogging: 20 minutes
- Bicycle Crunches: 3 sets of 12 reps (each side)
- Leg Raises: 3 sets of 10 reps
- Cool-down stretches

Day 4: Rest or Light Activity

Day 5: Upper Body Workout

- 5-10 minutes of cardio
- Dumbbell Bench Press: 3 sets of 8 reps
- Seated Dumbbell Rows: 3 sets of 10 reps
- Dumbbell Shoulder Press: 3 sets of 8 reps
- Bicep Curls: 3 sets of 10 reps
- Tricep Dips (use assisted machine if needed): 3 sets of 10 reps
- Cool-down stretches

Day 6: Rest or Light Activity

Day 7: Rest

Week 3-4: Increasing Intensity

Continue with the same exercises as weeks 1 and 2, but focus on gradual progression

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Ian Pickup



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