

BEGINNER FULL BODY WORKOUT



MONDAY

2 sets x 15 reps per exercise
**120 seconds of rest between sets

- Squat
- Bench Press
- Overhead Press
- Lat Pull Down
- Tricep Extension
- Dumbbell Curl

TUESDAY

Walk or jog 30 minutes

Crunches 3 sets
Flutter kicks 3 sets

WEDNESDAY

2 sets x 15 reps per exercise
**120 seconds of rest between sets

- Deadlift
- Incline Bench Press
- Dumbbell Row
- Cable Curl
- Tricep Pushdown-Rope Attachment

THURSDAY

Walk or jog 30 minutes
3 planks to failure
Leg raises 3 sets

FRIDAY

2 sets x 15 reps per exercise
**120 seconds of rest between sets

- Squats
- Bench Press
- Overhead Press
- Lat Pulldown
- Tricep Extension
- Dumbbell Curl

SATURDAY & SUNDAY

Go for a 30-60
minute walk

