

Strength For Beginners 1

Duration 30-45 Minutes



WARM UP & SESSION NOTES

5- 10 minutes cardio warm up of choice (examples; treadmill, cross-trainer, bike, rower).

Build up gradually until you feel like you are working at effort 7/10 or 70-75% of your max heart rate

Complete each exercise with 12 repetitions and do this 2-3 times with 45-60 seconds rest in between

Then move on to the next exercise

EXERCISE	SETS	REPS	NOTES
Squats	2-3	12	Body Weight or add a dumbbell or bar on your shoulders Choose a weight that feels challenging by the end of the set
Straight leg deadlift	2-3	12	Choose a weight that feels challenging by the end of the set
Dumbbell bench press	2-3	12	Choose a weight that feels challenging by the end of the set
Dumbbell chest fly	2-3	12	Choose a weight that feels challenging by the end of the set
Seated cable row	2-3	12	Choose a weight that feels challenging by the end of the set
Cable lat pulldown	2-3	12	Choose a weight that feels challenging by the end of the set
Dumbbell bicep curl	2-3	12	Choose a weight that feels challenging by the end of the set
Cable tricep pushdown	2-3	12	Choose a weight that feels challenging by the end of the set
Cool Down & Stretch			Take 5 minutes easy cool down and stretch as required

Decrease or Increase your intensity

To Decrease Intensity: Reduce weight.

To Increase Intensity: Add another set, add more weight.