



3 days a week. Two workouts. Four weeks.

For beginners and anyone coming back after a break. Alternate Workout A and Workout B with a rest day between (for example Mon / Wed / Fri). Each session takes about 45 minutes.

WORKOUT A

1. Goblet Squat	3 x 8-12
2. Dumbbell Bench Press	3 x 8-12
3. Lat Pulldown	3 x 10-12
4. Dumbbell Romanian Deadlift	3 x 8-12
5. Plank	3 x 30-45 sec

WORKOUT B

1. Leg Press	3 x 10-12
2. Seated Cable Row	3 x 10-12
3. Dumbbell Shoulder Press	3 x 8-12
4. Hip Thrust (or Glute Bridge)	3 x 10-12
5. Dead Bug	3 x 8 per side

The four weeks

Week 1	A · B · A	2 sets each. Pick weights you could lift 3 more reps with. Learn the moves.
Week 2	B · A · B	3 sets each. Stop about 2 reps short of failure.
Week 3	A · B · A	3 sets. Add weight anywhere you hit the top of the range last time.
Week 4	B · A · B	3 sets. Push the last set to 1 rep short of failure. Write down your best sets.

How to progress (the only rule that matters)

- Use a rep range, not a fixed number. When you hit the TOP of the range on every set, add weight next time: about 5 lb (2.5 kg) on dumbbells and machines, 5-10 lb on the leg press.
- Missed the bottom of the range? Keep the weight and try again next session. Missed it twice? Drop about 10% and build back up.
- Warm up 5 minutes, then do one light set of your first exercise. Rest 90 seconds to 2 minutes between sets.
- Form first. Every rep should look like the first one. If it does not, the set is over.
- Log every set. The plan only works if you know what you lifted last time. Use the sheets on pages 2 and 3.

Swaps: no leg press? Do a dumbbell split squat. No cable row? Do a one-arm dumbbell row.

No pulldown? Do an assisted pull-up or a resistance-band pulldown. Keep the sets and reps the same.



Write weight x reps for each set, e.g. 25 x 12. Circle a set when you hit the top of the range on every set: add weight next time.

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Goblet Squat 3 x 8-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dumbbell Bench Press 3 x 8-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Lat Pulldown 3 x 10-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dumbbell Romanian Deadlift 3 x 8-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Plank 3 x 30-45 sec	S1						
	S2						
	S3						



Write weight x reps for each set, e.g. 25 x 12. Circle a set when you hit the top of the range on every set: add weight next time.

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Leg Press 3 x 10-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Seated Cable Row 3 x 10-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dumbbell Shoulder Press 3 x 8-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Hip Thrust (or Glute Bridge) 3 x 10-12	S1						
	S2						
	S3						

EXERCISE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dead Bug 3 x 8 per side	S1						
	S2						
	S3						