

BEGINNER GYM PLAN

👋 **Welcome!** This plan is for **complete beginners**.

There are **two** main principles you must understand to make your workouts effective:



- **INTENSITY:** you must work **HARD**. On a scale of 0-10, each exercise should feel like a 7 or an 8. If you can talk or smile through your set, **it ain't hard enough!**
- **PROGRESSION:** Once you've found the right intensity, add **reps** and/or **weight** to the exercise each week. If you don't, your body won't adapt!

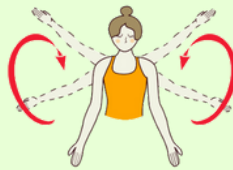
🔥 WARM-UP (5-10 MIN) 🔥

1. Walk, jog, row, cycle, skip, star jump, whatever! **3-5 min** or just enough to get a **sweat** on!
2. **Dynamic mobility:** move & lubricate your joints, and prepare yourself mentally for the work!

Here are some joint rotations I like. Rotations are simple and feel great. Do **3 in each direction** for each joint.



NECK CIRCLES



SHOULDER ROTATIONS



HIP ROTATIONS



KNEE CIRCLES



ANKLE CIRCLES

💪 RESISTANCE TRAINING 💪

Movement-specific warm-ups should be done for each exercise, with 30%, 60% & 80% of final weight.

EXERCISE	DIAGRAM	MUSCLES WORKED	WEIGHT (kg)	REPS
Lunges		Quads + Glutes		
Hamstring Curl		Hamstrings		
Chest Press		Chest, Shoulders, Arms		
Cable Row		Back, Arms		
Plank		Core		

🧊 COOL DOWN 🧊

Now you can do some static stretching (**30-60 sec. each**) to lengthen and relax your tissues.



CHEST STRETCH



QUAD STRETCH



HAM/CALF STRETCH



CHILD'S POSE



GLUTE STRETCH



THE WELLNESS ADE

IF YOU FOUND THIS HELPFUL AND YOU'D LIKE TO CONTINUE LEARNING, SCAN THE QR CODE AND GET IN TOUCH!

