Full Body Gym Workout Pack for Beginners

If you’re new to working out, there is no better way to build a foundation for fitness than with full body workouts. Full body workouts utilize compound movements to burn maximum calories, build lean muscle mass, and develop strength while helping you lose excess fat. Full body workouts also ensure that you create a balanced physique, eliminating the possibility of having uneven strength and definition. Once you master this full body workout pack, you can progress to more difficult fitness challenges.

Instructions:

Complete the Dynamic Warm-up & Stretches before beginning the workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury.

If you are a beginner, complete the recommended sets and repetitions, taking a 60 to 90-second break between exercises. Perform one workout 2 to 3 times per week (for example: Workout A for the first week; Workout B: second week; Workout C: third week) and once you have completed all workouts, switch to doing alternating workouts every other day (Monday: Workout A; Wednesday: Workout B; Friday: Workout A).

If you are more advanced, increase the sets to 4 to 6, keeping the repetitions the same. For an added challenge, superset your exercises. Perform two exercises one after another with no break until the second exercise is complete. Take a normal break then begin the next superset. Work out 3 to 4 days per week alternating the workouts.

Follow each workout with the Post-Workout Stretches to kick start recovery, maximize results and prevent injury.
Warm-up & Dynamic Stretches

Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (our favorite is Repeat Timer Pro for iOS) perform each exercise for 30 seconds with 15 seconds of rest in between.
Workout A

Barbell Squat

- 3 sets
- 12 reps

Barbell Bench Press / Chest Press

- 3 sets
- 12 reps

Bulgarian Split Squat

- 2 sets
- 15 reps

Seated / Low Cable Row

- 2 sets
- 15 reps

Jump Squat

- 2 sets
- 10 seconds

Push-up

- 2 sets
- 10 reps
Dumbbell Overhead Shoulder Press

Reverse Flyes

LR: Suspension Strap Bicep Curls

LR: Suspension Strap Tricep Extension

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch

Dumbbell Side Bend

2 sets 10 reps

2 sets 10 reps

2 sets 12 reps

2 sets 12 reps

1 sets 20 reps

1 sets 15 reps
Workout B

Dumbbell Pullover

![Image of Dumbbell Pullover]

3 sets 12 reps

One-Arm Dumbbell Row

![Image of One-Arm Dumbbell Row]

3 sets 10 reps

Seated Machine Leg Extensions

![Image of Seated Machine Leg Extensions]

2 sets 15 reps

Standing Leg / Hamstring Curl

![Image of Standing Leg / Hamstring Curl]

2 sets 15 reps

Standing Long Jump

![Image of Standing Long Jump]

1 sets 20 seconds

Static Push-up Hold

![Image of Static Push-up Hold]

1 sets 10 reps
Barbell Shoulder Press / Overhead Press

2 sets 12 reps

Barbell Curl / Standing Biceps Curl

2 sets 10 reps

Overhead Barbell Triceps Extension

2 sets 12 reps

Cable Core Rotation

1 sets 15 reps

Kneeling Cable Crunch

1 sets 15 reps

Double Crunch

1 sets 15 reps
Workout C

Barbell Deadlift
3 sets 12 reps

Inverted Row / Reverse Pull-up
2 sets 15 reps

Front Barbell Squat
3 sets 12 reps

Jump Squat
2 sets 15 reps

Incline Dumbbell Bench Press
3 sets 12 reps

Decline Push-up
2 sets 15 reps
Barbell Shoulder Shrug

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<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
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<tr>
<td>Barbell Shoulder Shrug</td>
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Barbell Clean and Press / Overhead Press

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Knee / Hip Raise

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Lying Leg Raise / Lift

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Plank

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Reverse Crunch

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<td>Reverse Crunch</td>
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Post-Workout Stretches

Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (our favorite is Repeat Timer Pro for iOS) hold each stretch for 30 seconds, taking 5 seconds to get into the next position.

Neck × 2
Shoulders × 2
Chest
Quadriceps × 2
Calves × 2
Back
Hamstrings × 2
Lower Back × 2
Abdominals Skip if you have back problems
Training Tips & Guidelines

Whether you are fitness novice or experienced in training, read through and follow these tips and guidelines to get the most out of your workout pack and exercising in general.

Focus on starting
The prospect of a 30 minute workout or run can be daunting, especially if you’re just starting to exercise. If you focus on the whole task, thinking how hard it will be, you are more likely to put it off or give up altogether. Instead, focus on starting – laying out your mat and weights or lacing up your running shoes. It’s much easier and once you start, your motivation will kick in and keep you going through your workout.

When to work out
There’s not really a “right” time of day to exercise. It really depends on your body and what time of day you’re at your peak. Some people struggle to get up in the morning whereas others can hop out of bed ready for a training session. Whichever time of day you prefer to work out, don’t exercise for about three hours after a heavy meal (see the nutrition section for advice on what to eat when). Exercising right after a big meal will more likely leave you feeling nauseous and you may experience stomach cramps and discomfort. If you’d prefer to work out in the morning but simply can’t find the energy try these tips:

- Get adequate rest which is vital for energy levels. It is recommended that we get 7 – 9 hours of sleep a night.
- If you’re getting the right amount of sleep but still feeling groggy in the morning this could be due to being in a state of ketosis from fasting during sleep. This is when your body uses fat for energy if you aren’t eating sufficient carbs and the result is low energy levels. Also make sure you are not lacking oxygen during the night (have windows open or ventilation running).
- Try drinking green tea, coffee or green juices for an energizing boost before your workout.
How to breathe during workouts

Breathing during exercise is an important component to getting the most out of your workout. Holding your breath, breathing too fast or too slow, too deep or too shallow can affect heart rate and perceived intensity of an exercise. Follow these basic tips:

- When doing cardio (aerobic) exercise, take slightly deeper and longer breaths than normal, maintaining a regular rate and breathing more through the stomach rather than your chest.
- When doing strength training (lifting), do not hold your breath through an exercise and try to exhale on the exertion (hard) phase and inhale on the way back to the starting position.
- When stretching, take deep and long breaths, inhaling through the nose and exhaling through the mouth to help your body get into a relaxed state.

Determining the right weight

Performing strength training exercises using appropriate weights is key for getting the best results and avoiding injuries. A simple way to determine what you should use for an exercise is this: if you cannot complete 8 reps in proper form – it’s too heavy; if you can do 12 and keep going – it’s too light. As you can get stronger and do 14 reps, move up to the next weight.

Stay focused

Often people spend too much time training. Your training plan has been designed in such a way as to define the time you should spend working out in order to get the best out of them. In order to stay focused on your session aim to stick to the prescribed times and avoid wasting time by stopping to chat or resting for too long.

Rest standing up

When you take a break between sets, you may prefer to sit down. However, sitting down means you cool down quicker, your heart rate lowers and you may have been sitting for 5 minutes before you realize it! Instead, remain standing (or stand up) between your sets in order to keep your muscles warm and loose, your blood and oxygen flowing and your mind more active and ready for the next challenge.
Build up intensity gradually

If you're new to exercising, start out by taking it slow. For example, if you're cycling, build up your endurance for about a month before getting into something more intense. Going slow means training at a rate where you can talk comfortably without feeling breathless.

Training safety

Besides avoiding broken or damaged equipment, make sure you wear the correct workout clothing and shoes to make the most of your sessions. Also:

• If you're working with weights, lift slowly throughout the movement to maximize the move. Aim to lift and lower to a count of 5 seconds in each direction.

• When you first begin working out, start with lower weights so you can practice the correct form. Once you've perfected your form, increase the weights and continue practicing your form. Heavy weights with good form give you great results in a shorter amount of time.
Working towards getting fit and then staying fit is a challenge. Sometimes it can be hard enough just getting off the couch! Here’s how you can make training a part of your life.

**Be consistent**
You don’t have to be the fastest, strongest or fittest person around, but if you want to enjoy all of the benefits of being fit and healthy, you will need to be consistent and make exercise a regular part of your life. Whether you prefer to hit the treadmill, swim laps, walk the dog or roller blade with the family, no exercise regime in the world is going to work if you don’t follow it regularly and consistently.

**Involve your family and friends**
Sharing your progress with others will add motivation and accountability, making it easier to stay on track and keep moving towards your health and fitness goals. Tell your family, friends and anyone else that will offer praise and support. The more involved someone is in what you are doing, the more likely you will feel accountability to stay on track. This is really going to help you when it comes to consistency and enjoyment.

**Set realistic goals**
Don’t begin an exercise routine striving for perfection or reaching for some sort of unrealistic goal that you are not likely to meet – this will only end in disappointment and you being discouraged from training further. Instead, focus on increasing healthy behaviors. So, if you can’t run 5 kilometers just yet, make it a habit to go walking for 20 minutes every day and then slowly add to the time, the distance and the intensity. If you’ve led a sedentary lifestyle up until now, look for various chances to be more active during the day. If you need to do some shopping, walk to the store, choose the stairs instead of the lift or take 15 minute breaks from your desk to walk the corridors. If, for some reason there is a break in your new routine, don’t get discouraged, simply start again gradually.
Enjoy the process

It’s important that your fitness program is something you enjoy and want to do and not something you are making yourself do for the sake of desired results – that alone will not sustain your motivation for long. These things will help:

• Swap training exercises for alternatives that you are more comfortable doing.
• Workout to your favorite music – the positive emotions your favorite tunes bring you will make your workout more enjoyable too.
• Incorporate physical activities you truly enjoy – dancing, running with your dog or friend, playing soccer with your kids or just skipping a jump rope while watching your favorite show.
• Add variety – develop a list of several physical activities that you enjoy and that way your workouts will never feel boring or routine.
• Ask family and friends to workout with you. Find someone who also wants to establish a healthier lifestyle and encourage one another to keep at it. It’s also a great way to enjoy one another’s company and to strengthen your bond.

Hang out with the right people

If you are training to become a fitness model but hang out with people that drink beer and spend their leisure time on the couch, it will be near impossible for you to stay motivated and work on your goal. But if you hang out with those that are working on similar goals or have already achieved them, you will feel wind at your back and move faster yourself. The same thing applies if you are working on getting or staying in shape – hang out with others that will understand and support you.

A short workout is better than no workout

You can be busy and stay fit as long as you make your regime fit in with your lifestyle. If you had a long day and you simply cannot get to the gym that day, adapt your training program so that you can workout at home – this goes back to being consistent and will make you feel better that you didn’t skip exercise altogether. You don’t have to have fancy exercise equipment to get fit. If you have some floor space, you can try floor exercises or grab a few small pieces of equipment to help you on your way. But remember to choose movements you enjoy – if you don’t like weights, don’t do them, rather opt for another form of strength training. Or grab the family and your four-legged companion and hit the street for a good walk. This way you can still workout and get back on track tomorrow with your training program.
Adjust to your body’s clock

Be a clock watcher – of your body clock. We all experience different times of the day when we have the most energy. Use that to your advantage to get the most out of your exercise. If you’re a morning person, get moving early in the day but if you tend to perk up as the day goes on, plan your activities for later in the day or in the evening.

Be inspired

Ever really looked at the word “fitness?” Spell it out and you get a motivational line: “Feel Inspired To Never Ever Stop Succeeding”! Inspiration and fitness is really a state of mind. In order to find inspiration, find motivating blogs or websites that you can relate to or focus on personal goals and changes you want to achieve that will inspire you to stick to your goals. Or you could buy yourself a fetching workout outfit – something that you look forward to wearing as opposed to those baggy gray outfits!

Reward Yourself

Setting up midpoint rewards for following your program is going to make it that much for fun and help you stay on track. Treat yourself to a movie, a new pair of running shoes or that dress you’ve been wanting (in one size too small of course!). Use the “My Reward” field in your program schedule to keep track of your midpoint reward at around week 3 or 4. Also set up a bigger reward for completing the whole program – plan it from day one and make sure it’s something that will motivate you.

Be Patient

Remember that there will be ups and downs when trying to stick to a routine. There will be setbacks and there will be victories. Aim to be patient and don’t give up and you are sure to see solid results.

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