

Beginner Gym Workout

In the following programme, each column is a set, the numbers in the top row are the number of reps (you can circle your chosen number if there is a selection) and the bottom row is left empty for you to record the load (kg or lbs) you used in each set.

| | | | |
|-----------|--------------|--------------|--------------|
| Leg Press | 8 9 10 11 12 | 8 9 10 11 12 | 8 9 10 11 12 |
| Load | | | |

| | | | |
|-------------|----|----|----|
| Bench Press | 10 | 10 | 10 |
| Load | | | |

| | | | |
|-------------------------|---|---|---|
| Single Arm Dumbbell Row | 8 | 8 | 8 |
| Load | | | |

| | | | |
|----------|---|---|---|
| Deadlift | 8 | 8 | 8 |
| Load | | | |

| | | | |
|-------------------------|---|---|--|
| Dumbbell Shoulder Press | 8 | 8 | |
| Load | | | |

| | | | |
|---------------|--------------|--------------|--------------|
| Lat Pull-down | 8 9 10 11 12 | 8 9 10 11 12 | 8 9 10 11 12 |
| Load | | | |

| | | | |
|-----------------|--|--|--|
| Abs (optional) | | | |
| Load (optional) | | | |