

Beginner Home 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 resistance you used in each set.

Wall Sit	20s	30s	40s	20s	30s	40s	20s	30s	40s
Angle/Load (optional)									

Push Up	8	9	10	8	9	10	8	9	10
Angle									

Resistance Band Row	8	9	10	11	12	8	9	10	11	12	8	9	10	11	12
Band Resistance															

Glute Bridge/ Single-Leg Deadlift	8	or	12	8	or	12	8	or	12
Band Resistance/ Load (optional)									

Banded Shoulder Press	8	8	
Band Resistance			

Banded Lat Pull- Down	8	9	10	11	12	8	9	10	11	12	8	9	10	11	12
Band Resistance															

Abs (optional)			
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