



A 12-week smart start for beginner workout routine designed to introduce you to a range of gym equipment and basic exercises in under 60 minutes.

Main Goal: Build Strength

Days Per Week: 3 Days

Training Level: Beginners

Equipment: Machines, Free Weights, Body Weight and Cables

Program Duration: 12 weeks

Exercise length: 45min- 60min



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12 Week Full Body Workout

Routine for Beginners





Weeks 1-3:

Total Body Circuit Workout

During the first three weeks, do each exercise for one set of 15 reps. Rest 60-90 seconds between sets.

Exercises	Sets	Reps
90 Degree Leg Press	1	15
Seated Leg Curl	1	15
Chest Press	1	15
Seated Low Row	1	15
Seated Machine Shoulder	1	15
Cable Tricep Pushdowns	1	15
Cable Bicep Curls	1	15
Back Extensions	1	15
Calf Raises	1	15
Crunches	1	15

Weeks 4-6:

Total Body Circuit Workout

Use a slightly heavier weight than you used in weeks 1-3. Rest 60-90 seconds between sets.

Exercises	Sets	Reps
c	2	12
Standing Leg Curl	2	12
Plate Loaded Incline Press	2	12
Lat Pulldown	2	12
Plated Loaded Should Press	2	12
Bench Dips	2	12
Plate Loaded Preacher Curl	2	12
Back Extensions	2	12
Standing Calf Raises	2	12
Cable Crunch	2	12

Weeks 7-12:

Upper/Lower Split with Increased Intensity

Alternate between the following 2 exercise routines for three non-consecutive days per week (i.e. M/W/F). Rest 60-90 seconds between sets.

Workout 1: Upper Body

Exercises	Sets	Reps
Flat Dumbbell Press	2	10-12
Machine Pec Fly	1	10-12
Dumbbell Bent Over Row	2	10-12
Lat Pulldown	1	10-12
Seated Dumbbell Shoulder Press	2	10-12
Seated Dumbbell Lateral Raises	1	10-12
Assisted Dips	2	10-12
Standing Barbell Bicep Curls	2	10-12
Palloff Press	2	10-12

Workout 2: Lower Body

Exercises	Sets	Reps
Smith Machine Squats	2	10-12
45 Leg Press	2	10-12
Standing Leg Curls	2	10-12
Leg Extensions	2	10-12
Calf Raises	2	10-12
Crunches	2	10-12
Planks	2	30 sec

