

Beginner full-body workout

at the gym, machines

Six machines, in order, two or three days a week.

Beginner	2-3×	8-12	1-2 min
LEVEL	DAYS A WEEK	REPS PER SET	REST BETWEEN SETS

- 1
- WARM-UP** 5 min
 - Easy treadmill or bike, 3-5 minutes
 - One light, easy set of the first two machines

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WORKOUT do the exercises in order

2 SETS OF EACH, IN ORDER (1 SET IF YOU HAVE BEEN VERY INACTIVE)

EXERCISE	SETS × REPS	DONE
1 Leg press Legs and hips · Back flat on the pad, feet shoulder-width. Press without locking your knees.	2 × 8-12	☐ ☐
2 Seated leg curl Back of the thighs · Pad just above your ankles. Curl your heels toward you, return slowly.	2 × 8-12	☐ ☐
3 Chest press machine Chest, shoulders, arms · Handles at mid-chest. Press until your arms are nearly straight.	2 × 8-12	☐ ☐
4 Seated row machine Upper back, arms · Chest against the pad. Pull to your ribs, squeeze your shoulder blades.	2 × 8-12	☐ ☐
5 Lat pulldown Upper back, arms · Bar a little wider than your shoulders. Pull to your upper chest.	2 × 8-12	☐ ☐
6 Plank Abdomen, shoulders · On a mat, forearms down, body in a straight line.	2 × hold	☐ ☐

Choose the weight: you can lift it 8-12 times with good form and the last repetition feels hard. Too easy, go up a notch; can't reach 8, go down.

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WEEKS	SETS OF EACH EXERCISE	MAKE IT A BIT HARDER
1-4	2 sets (1 if very inactive)	Learn the movements, moderate effort
5-8	3 sets of 8-10	Increase the weight a little on each machine
9-12	3 sets of 8-10	Keep adding weight where you can do 10 easily

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- COOL-DOWN**
 - Easy stretches for the muscles you just used
 - Stretch when your muscles are warm, and breathe
 - Never stretch so far that it hurts

Progress: Add 2-10% load once you can do 1-2 more reps than the target. Change one thing at a time. Adjust every machine to your body before the first rep.