

Beginner full-body workout *at home, bands & dumbbells*

A couple of resistance bands and a pair of dumbbells.

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

1

MOBILITY & WARM-UP 3-5 min

- Walk or march in place for 1-2 minutes
- Slow circles with your arms, hips and ankles
- 5-6 very easy reps of the first two exercises, no weight or the lightest band

2

WORKOUT do the exercises in order
2 SETS OF EACH, IN ORDER (1 SET IF YOU HAVE BEEN VERY INACTIVE)

EXERCISE	SETS x REPS	DONE
1 Goblet squat Legs and hips · One dumbbell at your chest. Sit down and back, then stand up.	2 x 8-12	☐ ☐
2 Dumbbell glute bridge Hips, back of the legs · On your back, dumbbell across your hips. Lift your hips, lower slowly.	2 x 8-12	☐ ☐
3 Floor dumbbell press Chest, shoulders, arms · On your back, press the weights over your chest, lower until your upper arms touch the floor.	2 x 8-12	☐ ☐
4 Seated band row Upper back, arms · Sit with legs out, band around your feet. Pull to your waist.	2 x 8-12	☐ ☐
5 Standing band shoulder press Shoulders, arms · Stand on the band, press up from shoulder height without locking out.	2 x 8-12	☐ ☐
6 Bird dog Back, hips, abdomen · Reach one arm forward and the opposite leg back. Switch sides.	2 x 8-12	☐ ☐

Choose the weight or band: you can lift it 8-12 times with good form and the last repetition feels hard.

3

PLAN 12 weeks

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	Slightly heavier dumbbell or stronger band
9-12	3 sets of 8-10	Keep adding weight or band strength 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: Change one thing at a time. Check your bands for nicks and anchor them so they cannot slip.