



**BEGINNER**

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**DUMBBELL  
TRAINING PLAN**



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Thank you for purchasing the Sleekgeek Training Guide!

We deeply appreciate your support and look forward to helping you workout confidently at home.

By paying for this product, you are supporting the [Sleekgeek Health Revolution and our mission of transforming the lives of 1 million people](#). Premium content, such as this, helps to fund our operation and salaries so that we can continue being a force for good and making the world a healthier place.

## **SHARING IS NOT ALWAYS CARING**

We make a daily effort to provide the [Sleekgeek Community](#) with a huge amount of helpful and valuable content for free via social media, podcasts, blog posts, videos, engaging challenges, and community support.

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## **DISCLAIMER**

We have consulted with personal trainers and exercise specialists while creating the Sleekgeek Training Guide to ensure that it is safe, effective, and world-class. However, the authors and publishers of this work are neither doctors nor personal trainers themselves.

The information presented here is not intended to replace the advice, diagnosis, or recommendations of professional medical or exercise advice. All content is for general informational purposes only.

If you have any pre-existing medical conditions or injuries and have at any stage been advised not to exercise, please consult your physician or a qualified fitness professional prior to starting any exercise programme. Always consult a doctor before embarking on an exercise programme if for any reason at all you suspect that you are not able to take part.

## INTRODUCTION

Please refer to the “Sleekgeek Training Guide Overview” document for advice on how to customise this workout and for a list of exercise progressions with video demonstrations.

The Beginner Training Plan is **designed for someone who is either brand new to strength training or has not been consistently and intelligently strength training for longer than 6 months.**

It can also be for someone who has not strength trained in a long time or is simply looking to revisit and master the basics.

- **[BLOCK 1] Weeks 1 – 4:** Starts off gently with 2 x Full-Body workouts per week using the easier beginner exercise variations of each main movement pattern. If you are an absolute beginner, then this will be a great place to start. If you are a slightly more experienced beginner, then it may feel a little bit easy at first, but it will set a good foundation for you. If you feel the need to do more then add in some additional cardio on your non-training days.
- **[BLOCK 2] Weeks 5 – 8:** Progresses to 3 x Full-Body workouts per week using gradually more intermediate exercise variations.
- **[BLOCK 3] Weeks 9 – 12:** Progresses to 2 x Upper Body workouts and 2 x Lower Body workouts per week using even more intermediate exercise variations.
- **[BLOCK 4] Weeks 13 – 16:** Continues with 2 x Upper Body workouts and 2 x Lower Body workouts per week using predominantly more intermediate exercise variations.



Examples shown above of the **Squat** (Bodyweight Box Squat), **Vertical Push** (Dumbbell One-Arm Overhead Press), **Hip-Hinge** (Dumbbell Romanian Deadlift), and **Horizontal Pull** (Dumbbell One-Arm Row) beginner level movements.

## HOW TO DO THE WORKOUTS

Please see the “How to Do the Workouts” section on pg. 68 of the “Sleekgeek Training Guide Overview” document for 3 different ways that you can perform these workouts and an explanation of reps, sets, and rest times.

## ALTERNATIVE EQUIPMENT:

If you only have a limited number of dumbbells and find that they're too light or too heavy for certain exercises, getting yourself a set of resistance bands can be hugely helpful for home workouts.



We recommend using closed loop “powerbands” that look like this:



The bands are normally colour-coded to help you identify different thicknesses and strengths, however not all brands follow the same colour-coding scheme.

A more reliable way to identify which band is which is to look at the thickness:

- [13 mm thick – usually red colour – light resistance band](#)
- [22 mm thick – usually black colour – medium resistance band](#)
- [32 mm thick – usually purple colour – heavy resistance band](#)
- [44mm thick – usually green colour – extremely heavy resistance band](#)

For the Sleekgeek Training Plans, we recommend that you get yourself a [13mm thick resistance band](#) to start with and a [22mm thick resistance band](#) that you can progress to.

Thicker is not always better because lighter bands can always be doubled or stretched out further to provide more tension and resistance.

For this reason, we hardly ever recommend the [32mm thick resistance band](#) and never recommend the 44mm thick resistance band - unless one is actually doing powerlifting in the gym and using the bands to help move very heavyweights.

You can buy resistance bands online from the [Sleekgeek Online Store](#) – our courier usually delivers within 1-3 working days depending on where in South Africa you are.

## WARM-UP AND COOL-DOWN RECOMMENDATIONS

Doing a warm-up before your workout and a cool-down afterwards are often the hardest part about working out. They're the least exciting components of a workout and often seen as a "chore".

However, a warm-up will help you perform better during your workout and a cool-down will help you recover faster afterward – both of which lead to better results.

### WARMING UP:

The goal of a proper warm-up is to help prepare both your body and mind for exercise, while decreasing the change of injury during training.

This is especially important if you've spent several hours being sedentary and immobile before your workout.

So keep this section short, we're going to refer out to Girls Gone Strong and their excellent article: [What Are The Components of a Great Warm-Up?](#)

In there, they walk you through the 5 components of an ideal warm-up:

1. **Self-Myofascial Release** (optional)
2. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (highly recommended)
3. **Cardiovascular Warm-Up** (optional)
4. **Dynamic Warm-Up and Movement Preparation** (highly recommended)
5. **Warm-Up Sets** (optional)

If you'd like to just jump straight into doing some Dynamic Warm-Ups, which will provide most of the warm-up benefit, then watch this [Dynamic Warm-Up Video](#).

### COOLING DOWN:

The goal of a proper cool-down (also known as post-training recovery) after your workout is to help your body boost recovery and transition away from its "fight-or-flight" state to a more relaxed "rest-and-digest" state.

There are several things that you can do immediately post-workout:

1. **Self-Myofascial Release** (see warm-up above)
2. **Mobility or Flexibility Exercises** ([some examples here](#))
3. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (see warm-up above)
4. **Low-Intensity Cardiovascular Exercise** (walking, light cycling, etc)

# BEGINNER WORKOUTS

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## Block 1, Weeks 1-4

4 Weeks of 2 workouts per week.

**BLOCK 1 | WEEK 1**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	2	12-14	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	2	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	2	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	2	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	2	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	2	12-14	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	2	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	2	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	2	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	2	10-12	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

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**BLOCK 1 | WEEK 2**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	3	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	3	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	3	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	3	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



**BLOCK 1 | WEEK 3**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	4	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

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**BLOCK 1 | WEEK 4**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	4	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	4	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

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<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	4	10-12	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	4	10-12	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

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# BEGINNER WORKOUTS

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## Block 2, Weeks 5-8

4 Weeks of 3 workouts per week.

**BLOCK 2 | WEEK 5**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	2	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	2	10-12	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	2	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

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**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	2	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	2	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	2	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	2	8-10	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec

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## FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	2	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	2	10-12	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	2	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press</a> *	2	10-12	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	2	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	2	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 2 | WEEK 6**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	3	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	3	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	3	8-10	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec

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## FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	3	8-10	30-60 sec
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Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.



**BLOCK 2 | WEEK 7**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	4	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	3	8-10	30-60 sec
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\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press</a> *	4	10-12	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	3	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

## BLOCK 2 | WEEK 8

FULL BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	4	10-12	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	4	10-12	30-60 sec
Core Anti-Extension	1	<a href="#">Bodyweight Plank Off Knees**</a>	2	8-10	30-60 sec
Core Anti-Rotation	1	<a href="#">Bodyweight Renegade Row Off Knees*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

### ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

FULL BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Horizontal Push	1	<a href="#">Bodyweight Incline Push-Up</a>	4	8-10	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Core Anti-Lateral Flexion	1	<a href="#">Bodyweight Side Plank Off Knees* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press</a> *	4	10-12	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	4	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	4	8-10	30-60 sec
Core Hip Flexion	1	<a href="#">Incline Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

# BEGINNER WORKOUTS

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## Block 3, Weeks 9-12

4 Weeks of 4 workouts per week.

**BLOCK 3 | WEEK 9**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	2	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	2	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	2	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	2	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	2	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	2	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	2	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	2	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	2	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	2	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.



**BLOCK 3 | WEEK 10**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	3	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	3	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	3	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	3	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	3	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	3	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	3	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	3	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 3 | WEEK 11**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	3	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	3	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	4	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	4	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 3 | WEEK 12**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Horizontal Pull	1	<a href="#">Dumbbell One-Arm Row*</a>	4	8-10	30-60 sec
Vertical Push	1	<a href="#">Dumbbell One-Arm Overhead Press*</a>	4	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	4	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	1	<a href="#">Bodyweight Glute Bridge</a>	4	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	4	8-10	30-60 sec
Single-Leg	1	<a href="#">Bodyweight Split Squat*</a>	4	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Vertical Pull	1	<a href="#">Superman with Scapular Retraction</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	4	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Hip-Hinge	1	<a href="#">Dumbbell Romanian Deadlift</a>	4	8-10	30-60 sec
Squat	1	<a href="#">Bodyweight Box Squat</a>	4	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	4	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

# BEGINNER WORKOUTS

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## Block 4, Weeks 13-16

4 Weeks of 4 workouts per week.



**BLOCK 4 | WEEK 13**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Horizontal Pull	3	<a href="#">Dumbbell One-Arm Row With 3 Sec Eccentric*</a>	2	8-10	30-60 sec
Vertical Push	3	<a href="#">Dumbbell One-Arm Overhead Press With 3 Sec Eccentric*</a>	2	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	2	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	2	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	2	8-10	30-60 sec
Single-Leg	3	<a href="#">Dumbbell Reverse Lunge*</a>	2	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	2	8-10	30-60 sec
Horizontal Push	3	<a href="#">Dumbbell Floor Press</a>	2	8-10	30-60 sec
Vertical Pull	3	<a href="#">Superman with Scapular Retraction and 2 Sec Pause</a>	2	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	2	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Hip-Hinge	3	<a href="#">Dumbbell Romanian Deadlift With 3 Sec Eccentric</a>	2	8-10	30-60 sec
Squat	3	<a href="#">Dumbbell Goblet Squat</a>	2	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 4 | WEEK 14**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Horizontal Pull	3	<a href="#">Dumbbell One-Arm Row With 3 Sec Eccentric*</a>	3	8-10	30-60 sec
Vertical Push	3	<a href="#">Dumbbell One-Arm Overhead Press With 3 Sec Eccentric*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	3	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	3	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Dumbbell Reverse Lunge*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Horizontal Push	3	<a href="#">Dumbbell Floor Press</a>	3	8-10	30-60 sec
Vertical Pull	3	<a href="#">Superman with Scapular Retraction and 2 Sec Pause</a>	3	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	3	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip-Hinge	3	<a href="#">Dumbbell Romanian Deadlift With 3 Sec Eccentric</a>	3	8-10	30-60 sec
Squat	3	<a href="#">Dumbbell Goblet Squat</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	3	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 4 | WEEK 15**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Horizontal Pull	3	<a href="#">Dumbbell One-Arm Row With 3 Sec Eccentric*</a>	4	8-10	30-60 sec
Vertical Push	3	<a href="#">Dumbbell One-Arm Overhead Press With 3 Sec Eccentric*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	3	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	4	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Dumbbell Reverse Lunge*</a>	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	3	8-10	30-60 sec
Horizontal Push	3	<a href="#">Dumbbell Floor Press</a>	3	8-10	30-60 sec
Vertical Pull	3	<a href="#">Superman with Scapular Retraction and 2 Sec Pause</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	4	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip-Hinge	3	<a href="#">Dumbbell Romanian Deadlift With 3 Sec Eccentric</a>	4	8-10	30-60 sec
Squat	3	<a href="#">Dumbbell Goblet Squat</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	4	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

**BLOCK 4 | WEEK 16**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Horizontal Pull	3	<a href="#">Dumbbell One-Arm Row With 3 Sec Eccentric*</a>	4	8-10	30-60 sec
Vertical Push	3	<a href="#">Dumbbell One-Arm Overhead Press With 3 Sec Eccentric*</a>	4	10-12	30-60 sec
Vertical Pull	2	<a href="#">Reverse Superman Lift</a>	4	10-12	30-60 sec
Core Anti-Rotation	2	<a href="#">Bodyweight Renegade Row*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

<b>ACTIVE RECOVERY (OPTIONAL)</b>
<b>Get your body moving for 15-20 minutes on a rest day in between workouts.</b>
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	4	12-14	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Hip-Hinge	2	<a href="#">Dumbbell One-Arm Romanian Deadlift*</a>	4	8-10	30-60 sec
Single-Leg	3	<a href="#">Dumbbell Reverse Lunge*</a>	4	10-12	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank*</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	<a href="#">Dumbbell Two-Arm Row</a>	4	8-10	30-60 sec
Horizontal Push	3	<a href="#">Dumbbell Floor Press</a>	4	8-10	30-60 sec
Vertical Pull	3	<a href="#">Superman with Scapular Retraction and 2 Sec Pause</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Dumbbell Two-Arm Overhead Press</a>	4	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Hip-Hinge	3	<a href="#">Dumbbell Romanian Deadlift With 3 Sec Eccentric</a>	4	8-10	30-60 sec
Squat	3	<a href="#">Dumbbell Goblet Squat</a>	4	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge</a> *	4	10-12	30-60 sec
Core Hip Flexion	2	<a href="#">Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.