

FULL BODY PLAN 1

for beginners



Muscle building



Full body



45-60 min



2x/week

EXERCISE	SETS	REPS	RPE	WEIGHT	NOTE
Horizontal Leg Press	3	8-12	8		
Lat Pulldown	3	8-12	8		
Machine Chest Press	3	8-12	8		
Standing Leg Curl	3	8-12	8		
Machine Row	3	8-12	8		
DB Lateral Raise	3	10-15	8		
Rear Delt Machine	3	10-15	8		
Dead Bug	3	10-15	8		



Video Demo

All exercises in this plan are available as videos with explanations and tips in the description here.



Training Basics Guide

Learn everything about the right weight, number of reps and sets, rest between sets, and much more.



Nutrition Basics Guide

Learn all about macronutrients and micronutrients, pre- and post-workout nutrition, macro tracking and more.

FULL BODY PLAN 2

for beginners



Muscle building



Full body



45-60 min



2x/week

EXERCISE	SETS	REPS	RPE	WEIGHT	NOTE
Hack Squat	3	8-12	8		
Neutral Lat Pulldown	3	8-12	8		
Shoulder Press	3	8-12	8		
Seated Leg Curl	3	8-12	8		
Close-grip Cable Row	3	8-12	8		
Butterfly Machine	3	10-15	8		
Face Pulls	3	10-15	8		
Cable Crunches	3	10-15	8		



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UPPER BODY PLAN

for beginners



Muscle building



Upper body



45-60 min



2x/week

EXERCISE	SETS	REPS	RPE	WEIGHT	NOTE
Lat Pulldown	3	8-12	8		
Machine Chest Press	3	8-12	8		
Machine Row	3	8-12	8		
Shoulder Rress	3	8-12	8		
DB Biceps Curls	3	10-15	8		
DB Triceps extension	3	10-15	8		
Rear Delt Machine	3	10-15	8		
DB Lateral Raise	3	10-15	8		



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LOWER BODY PLAN

for beginners



Muscle building



Lower body



45-60 min



2x/week

EXERCISE	SETS	REPS	RPE	WEIGHT	NOTE
Hackenschmidt	3	8-12	8		
Seated Leg Curl	3	8-12	8		
Horizontal Leg Pres	3	8-12	8		
Seated Leg Extension	3	8-12	8		
Abduction Machine	3	10-15	8		
Adduction Machine	3	10-15	8		
Seated Calf Raises	3	10-15	8		
Dead Bug	3	10-15	8		



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