



6 WEEK

BEGINNER WORKOUT PLAN

What To Expect With Our 6-Week Workout Program

This workout program is broken down into **two phases**. You will notice there are key movements and not a ton of variation—the goal is to practice the basics rather than trying something brand new every day.

EQUIPMENT. Before we get started, it's worth noting that if you are not headed to your local gym for this weight training routine, here is an idea of the gym equipment you'll need for at-home workouts:



DUMBBELL



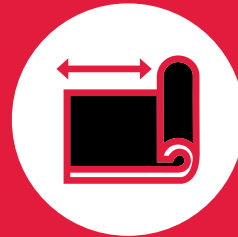
KETTLEBELL



RESISTANCE BAND



BOX OR CHAIR



FLOOR SPACE

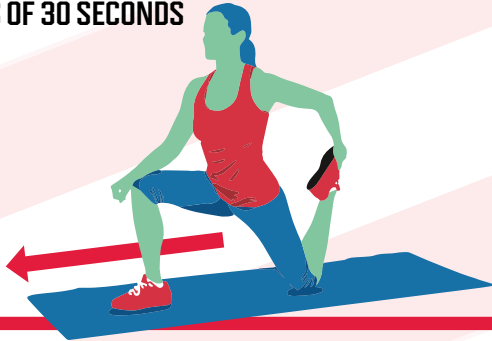
6 - WEEK BEGINNER WORKOUT OVERVIEW

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	FULL-BODY WORKOUTS: 3 ROUNDS	20 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: 3 ROUNDS	REST	UPPER-BODY WORKOUTS: 3 ROUNDS	20 MINUTES OF CONTINUOUS MOVEMENT	REST
WEEK 2	FULL-BODY WORKOUTS: 3 ROUNDS	20 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: 3 ROUNDS	REST	UPPER-BODY WORKOUTS: 3 ROUNDS	20 MINUTES OF CONTINUOUS MOVEMENT	REST
WEEK 3	FULL-BODY WORKOUTS: ADD 5 REPS TO EACH SET	25 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: ADD 5 REPS TO EACH SET	REST	UPPER-BODY WORKOUTS: ADD 5 REPS TO EACH SET	25 MINUTES OF CONTINUOUS MOVEMENT	REST
WEEK 4	FULL-BODY WORKOUTS: ADD 5 REPS TO EACH SET	25 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: ADD 5 REPS TO EACH SET	REST	UPPER-BODY WORKOUTS: ADD 5 REPS TO EACH SET	25 MINUTES OF CONTINUOUS MOVEMENT	REST
WEEK 5	FULL-BODY WORKOUTS: 4 ROUNDS	30 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: 4 ROUNDS	REST	UPPER-BODY WORKOUTS: 4 ROUNDS	30 MINUTES OF CONTINUOUS MOVEMENT	REST
WEEK 6	FULL-BODY WORKOUTS: 4 ROUNDS	30 MINUTES OF CONTINUOUS MOVEMENT	LOWER-BODY WORKOUTS: 4 ROUNDS	REST	UPPER-BODY WORKOUTS: 4 ROUNDS	30 MINUTES OF CONTINUOUS MOVEMENT	REST

FULL - BODY WORKOUT

KNEELING QUAD STRETCH:

3 SETS OF 30 SECONDS

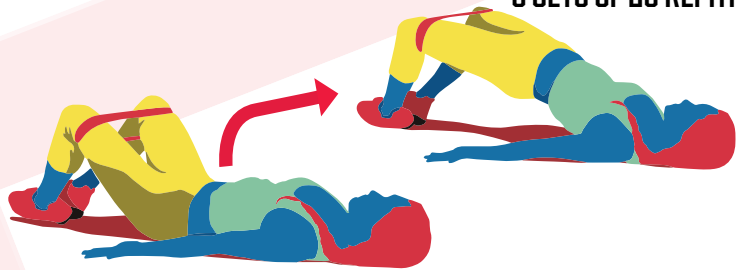


1. Start in a kneeling position so that your shins are flat on the ground.
2. Next, bring your left foot forward and place it flat on the floor so that your knee is bent and at a 90-degree angle.
3. From there, squeeze your right glute and slowly lean forward until you feel a stretch in your right quad.
4. Hold for 30 seconds.

BANDED GLUTE BRIDGE:

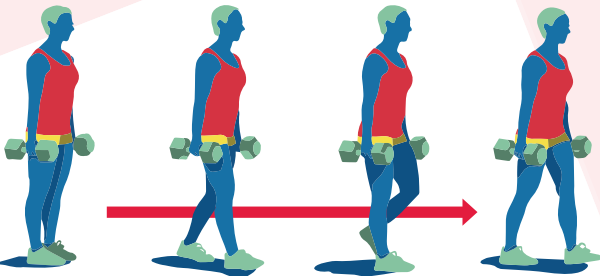
3 SETS OF 25 REPITITIONS

1. Start by placing a mini-loop band around your thighs, just over your knees.
2. Next, lie on your back with your knees bent so that your shins are vertical and your feet are shoulder-width apart and flat on the floor.
3. With a neutral spine, push through your feet and lift your butt until you fully extend your hips.
4. Flex the glutes at the top and hold the squeeze for 3 seconds before lowering your butt to the floor and repeat.



FARMER'S CARRY:

3 SETS OF 40 SECONDS



1. Start by selecting two heavy dumbbells of equal weight and place one in each hand. Stand upright with your arms straight and the dumbbells at your sides.
2. Keeping your shoulders back and down (think away from your ears) and your back straight, begin to walk forward in a straight line.
3. You'll walk for 40 seconds straight each set. You can turn around and use the same route as many times as needed in the 40 second bout.

DEAD BUG:

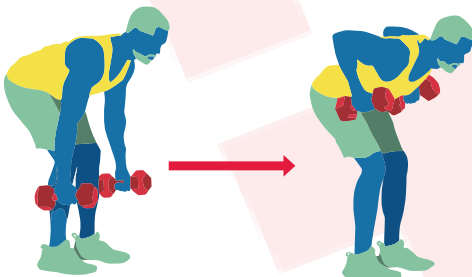
3 SETS OF 5 REPITITIONS PER SIDE

1. Start lying on your back with your arms up towards the ceiling and your knees bent at a 90-degree angle (your quads will be perpendicular to the ground).
2. Press your lower back into the ground. This should automatically tighten your core muscles.
3. Slowly lower your right arm and left leg towards the ground, only reaching as far as you can without your lower back lifting from the floor (this keeps your core engaged).
4. Return your arm and leg back to the starting position and repeat the movement on the opposite side, lowering your left arm and right leg towards the ground.
5. Continue alternating sides for repetitions.



BENT-OVER DUMBBELL ROW:

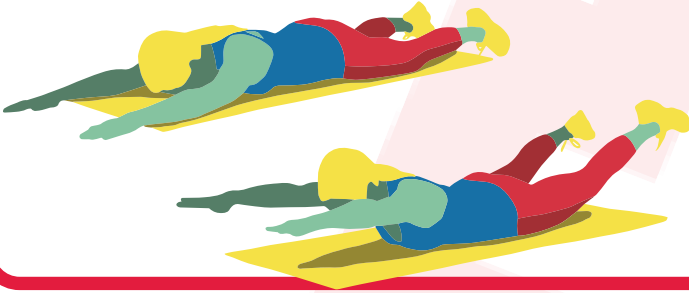
3 SETS OF 10 REPITITIONS



1. Stand hip-width apart with a dumbbell in each hand and your arms by your sides.
2. Tighten your upper back by squeezing your shoulder blades down and back.
3. Hinge your hips so that your chest is mostly facing the floor and maintain your straight back position with a tight core.
4. Stay in your hinged position and bend your elbows and squeeze your shoulder blades together to row the dumbbells toward your rib cage.
5. Control the dumbbells as you lower back toward your legs.
6. Repeat for reps.

UPPER - BODY WORKOUT

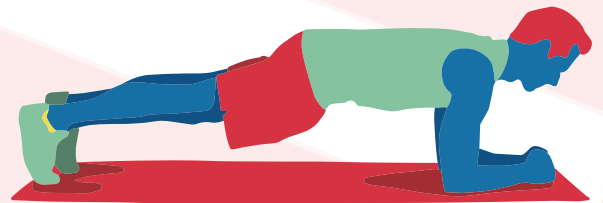
SUPERMAN SQUEEZE: 3 SETS OF 10 REPETITIONS



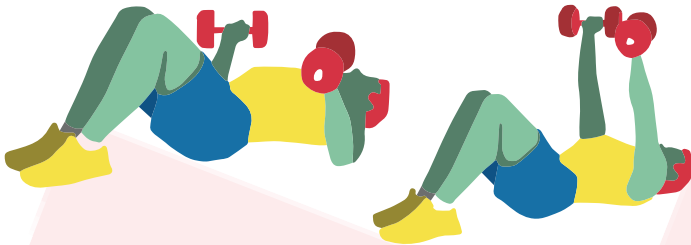
1. Lie face down on the floor with your arms and legs extended out straight.
2. Start the movement by lifting your arms, chest, and legs a few inches off the ground at the same time. Keep your neck in a neutral position.
3. While your arms are in air, squeeze your shoulder blades together and bend your elbows as if you're pulling something toward your forehead.
4. Hold the flex in your upper back for 3 seconds and squeeze your glutes at the same time.
5. After the hold, return your arms out straight and lower your arms,

LOW PLANK: 3 SETS OF 20 SECONDS

1. Start in a prone position on your hands and knees, then lower your elbows to the floor so that your forearms are flat on the ground and parallel to each other.
2. You'll then begin to brace your bodyweight with your arms and core muscles and extend both legs so that they are both straight behind you.
3. Keep your body fairly straight while you flex your glutes and hold the position.
4. Hold for time. Remember to breathe.



FLOOR PRESS: 3 SETS OF 10 REPETITIONS



1. It's like a bench press, but on the floor! Start seated on the floor with your legs extended straight out.
2. Grab a dumbbell with each hand and rest the dumbbells on your legs.
3. From this position, you're ready to roll on to your back and bring the dumbbells with you (using some momentum).
4. From this supine position on your back and a dumbbell in each hand, tighten your back by squeezing your shoulder blades together and position your arms at shoulder level with your elbows resting on the floor, forearms vertical.
5. Press the dumbbells toward the ceiling until you straighten (or mostly straighten) your arms, but not enough to lose the squeeze of your shoulder blades.
6. Lower the dumbbells back down towards the ground being cautious to not slam your elbow on the floor.

1. Start by sitting on the edge of a bench or chair, with your hands on either side of your hips and fingers pointing forward.
2. Lift your butt off the bench and walk your feet forward slightly until your knees are at a 90-degree angle and your arms are straight.
3. Keep your shoulders down away from your ears at all times.
4. Tighten your core muscles and bend your elbows, lowering your body towards the ground.
5. Stop when your elbows are at a 90-degree angle, then press into your hands to extend your arms straight back to the starting position.
6. Repeat for reps.

TRICEP DIPS: 3 SETS OF 15 REPETITIONS



SEATED OVERHEAD SHOULDER PRESS: 3 SETS OF 10 REPETITIONS

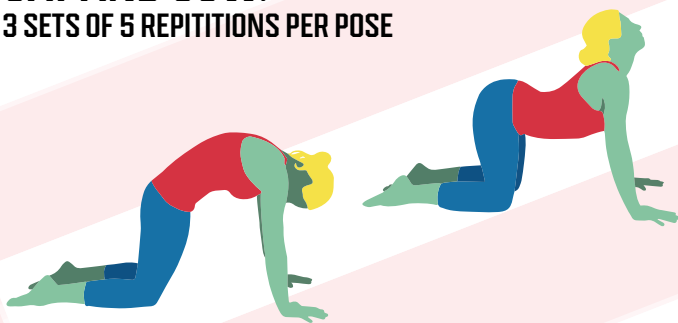


1. Start by sitting on a bench or chair with your feet flat on the ground and your back straight.
2. Hold a dumbbell in each hand (slightly above shoulder height) with your palms facing forward and your elbows at 90 degrees.
3. Without arching your back (or shrugging your shoulders upward), press the dumbbells straight up towards the ceiling until you straighten your arms.
4. Keep in mind the shoulder joint stays plugged into the shoulder girdle during the movement, so only your arms are moving, not your shoulders.
5. Pause briefly at the top of the movement, then lower the dumbbells back down to shoulder height. Repeat for reps.

LOWER - BODY WORKOUT

CAT AND COW:

3 SETS OF 5 REPETITIONS PER POSE



1. Begin in a prone position on your hands and knees. Make sure your shoulders are directly over your wrists and your hips are over your knees.
2. To initiate the “cow” position, inhale and arch your back, focusing on your upper back, not just your lumbar spine.
3. To transition into the “cat” position, exhale and round your spine, focusing on spreading the space between your shoulder blades.
4. Transition between each pose slowly for reps.

CLAM SHELL:

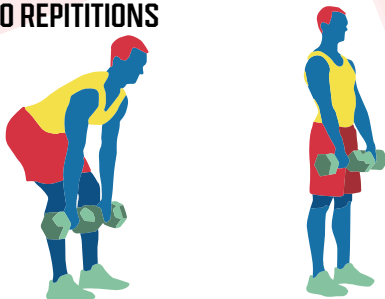
3 SETS OF 10 REPETITIONS PER SIDE

1. Start in a side-lying position (pelvis perpendicular to the floor) with your knees bent and knees stacked.
2. Keep your feet touching and lift your top knee away from your bottom knee without flexing your quads or moving your lower back or pelvis.
3. Pause and hold at the top position of the movement for one second before lowering the top knee and repeating for repetitions.
4. Repeat on the other side.



DUMBBELL ROMANIAN DEADLIFT:

3 SETS OF 10 REPETITIONS



1. With a dumbbell in each hand (and your hand at your sides) stand hip-width apart.
2. Tighten your upper back by squeezing your shoulder blades down and back. You will need to maintain this straight back position during the whole set.
3. Start hinging your hips back while maintaining a tight upper back and a braced core.
4. Keep your knees fairly straight (to engage your hamstrings) during the hinge and let your dumbbells lower as much as you can without losing the tightness of your shoulder blades.
5. Flex your butt muscles to stand back up and keep your back straight.
6. At the top of the motion, hold your glute flex.

ASSISTED REVERSE LUNGE:

3 SETS OF 5 REPETITIONS PER SIDE

1. Using a strap, dowel, or wall starting standing with feet hip-width apart and brace yourself on your object of choice.
2. Keep your left foot planted and step backward with your right foot (specifically onto the ball of your right foot).
3. Allow your right leg to bend and you lower your right knee toward the floor until both front and back legs each make a 90-degree angle.
4. Keep in mind you'll want your torso upright while you're lowering down. Use the strap, dowel, or wall as much as needed to maintain an upright posture.
5. At the bottom of the lunge, press into your left foot and flex your quad to initiate standing back up.
6. Repeat all reps on one side before performing reps on the opposite side.



GOBLET SQUAT:

3 SETS OF 10 REPETITIONS



1. Holding a single dumbbell at chest height, stand so your feet are hip-width apart.
2. Start the squat by tightening your core and keeping your back straight and lowering your body by pushing your knees outward and lowering your hips.
3. Keep lowering until lower until your thighs are parallel with the floor.
4. From the bottom position, push into the floor with your feet and flex your glute and quad muscles to stand back up.
5. Pause at the top and hold the flex before repeating for reps.