

BODYBUILDING PROGRAM FOR BEGINNERS

WORKOUT

EXERCISE 1

TREADMILL

Equipment: Full Gym, Machine



1
SETS

8-10 min
REPS

warm-up
REST

EXERCISE 2

ARM CIRCLES

Equipment: Full Gym, NO
EQUIPMENT



2-3
SETS

10-15
REPS

warm-up
REST

EXERCISE 3

LYING CHEST PRESS MACHINE

Equipment: Full Gym, Machine



2
SETS

8
REPS

45-60
REST

EXERCISE 4

PEC DECK FLY

Equipment: Full Gym, Machine



2
SETS

10
REPS

45-60
REST

EXERCISE 5

DUMBBELL LATERAL RAISE

Equipment: Dumbbells, Full
Gym



2
SETS

10
REPS

45-60
REST

EXERCISE 6

LEVER SHOULDER PRESS

Equipment: Full Gym, Machine



2
SETS

8
REPS

45-60
REST

EXERCISE 7

LAT PULLDOWN

Equipment: Cable, Full Gym



2
SETS

10
REPS

45-60
REST

EXERCISE 8
SEATED CABLE ROW

Equipment: Cable, Full Gym



2
SETS

8
REPS

45-60
REST

EXERCISE 9
LEG PRESS

Equipment: Full Gym, Machine



2
SETS

8
REPS

45-60
REST

EXERCISE 10
LEG EXTENSION

Equipment: Full Gym, Machine



2
SETS

8
REPS

45-60
REST

EXERCISE 11
LEG CURL

Equipment: Full Gym, Machine



2
SETS

10
REPS

45-60
REST

EXERCISE 12
DUMBBELL CURL

Equipment: Dumbbells, Full Gym



3
SETS

8
REPS

45-60
REST

EXERCISE 13
PUSH-DOWN

Equipment: Cable, Full Gym



3
SETS

8
REPS

45-60
REST

EXERCISE 14
STANDING CALF RAISE

Equipment: Full Gym, NO EQUIPMENT



3
SETS

8
REPS

45-60
REST

EXERCISE 15
DEAD BUG

Equipment: Full Gym, NO EQUIPMENT



3
SETS

10
REPS

45
REST