

Beginners Workout Routine



Warm Up (Complete Circuit Twice One Exercise After Another)

	Sets	Reps	1	2	3	4	5	6	7	8	9	10	11	12
Box Squats	2	20												
Inchworm	2	5												
Wall Slides	2	20												
Bridges	2	15												
Push Ups	2	10												

Workout Supersets (Complete Each Superset Without Rest)

	Sets	Reps	1	2	3	4	5	6	7	8	9	10	11	12
Step Ups	3	6ES												
DB Bench	3	8-10												

Rest 3 Minutes

SB Ham Curl	3	12												
One Arm Row	3	8ES												

Rest 3 Minutes

Prone Hold	3	Max												
Bird Dog	3	10ES												

ES = Each Side