

**BEGINNER
TRAINER****WEEK 1**

* Complete number of reps to reach failure.

Day 1: Legs & Abs

Exercise	Warm-Up Sets	Sets	Reps*
Lying Leg Curl	2	3	14
Leg Extensions	2	3	14
Leg Press	2	3	14
Squats	2	3	14
Standing Calf Raise	2	3	14
Seated Calf Raise	2	3	14
Crunches	2	3	14
Lying Leg Raises	2	3	14

Day 2: Chest & Triceps

Exercise	Warm-Up Sets	Sets	Reps*
Dumbbell Bench Press	2	3	14
Dumbbell Flye	2	3	14
Incline Dumbbell Bench Press	2	3	14
Incline Dumbbell Flye	2	3	14
Triceps Pushdown (Straight-bar Attachment)	2	3	14
Cable Overhead Triceps Extension (Straight-bar Attachment)	2	3	14
Bench Dips	2	3	14

Day 3: Rest Day/Motivation

Day 4: Back & Biceps

Exercise	Warm-Up Sets	Sets	Reps*
Bent Over Barbell Row	2	3	14
Lat Pulldown	2	3	14
Reverse-Grip Lat Pulldown	2	3	14
Deadlift	2	3	14
Dumbbell Shrug	2	3	14
Alternating Dumbbell Curls	2	3	14
Preacher Curl	2	3	14

Day 5: Shoulders

Exercise	Warm-Up Sets	Sets	Reps*
Dumbbell Lateral Raise	2	3	14
Bent-Over Dumbbell Lateral Raise	2	3	14
Alternating Dumbbell Front Raise	2	3	14
Shoulder Press	2	3	14

Day 6: Rest Day/Injury Prevention**Day 7: Rest Day/Expect The Unexpected****NOTES:**
