



## 8 Week Workout for Beginners

**Time Per Workout:** 30/45 Mins

**Equipment:** Dumbbells/bodyweight/Machines

**Main Goal:** Building Muscle

**Training Level:** Beginners

**Program Duration:** 8 Weeks

### Monday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Dumbbell Bench Press	3	6 to 12	30-60 sec
Assisted Pullups	3	Failure	30-60 sec
Smith Machine Back Squat	3	6 to 12	30-60 sec
Leg Curl	3	6 to 12	30-60 sec
Standing Dumbbell Shoulder Press	3	6 to 12	30-60 sec
Floor Crunch	3	20	30-60 sec

\* Have a 10min warmup before you begin your workout.

### Tuesday: REST DAY

### Wednesday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Incline Dumbbell Bench Press	3	6 to 12	30-60 sec
Smith Machine Deadlift	3	6 to 12	30-60 sec
Weighted Dip	3	6 to 12	30-60 sec
Ezy Bar Bicep Curl	3	6 to 12	30-60 sec
Dumbbell Straight Legged Deadlift	3	6 to 12	30-60 sec
Standing Calf Raise	3	6 to 12	30-60 sec
Lying Leg Lift	3	20	30-60 sec

\* Have a 10min warmup before you begin your workout.

## Thursday: REST DAY

### Friday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Smith Machine Bench Press	3	6 to 12	30-60 sec
Bent Over Row	3	6 to 12	30-60 sec
Smith Machine Front Squat	3	6 to 12	30-60 sec
Dumbbell Lunge	3	6 to 12	30-60 sec
Leg Press Calf Raise	3	6 to 12	30-60 sec
Seated Dumbbell Shoulder Press	3	6 to 12	30-60 sec
Bicycle Crunch	3	20	30-60 sec

\* Have a 10min warmup before you begin your workout.

