



## **BEGGINERS WORKOUT TRACKER**

**WEEK 1-4 DO WORKOUT AS PRESCRIBED**

**WEEK 5-8, MOVE TO INTERMIDEATE WORKOUT SCHEDULE AND PLAN**

### **Things to Note for Beginners to be a Gym Pro**

- 1. Watch the video clips before doing the exercise**
- 2. Use a mirror to see your form**
- 3. Re watch the video when in doubt and your form in the mirror looks different than what is in the clip**
- 4. Start off with body weight**
- 5. Then use light dumbbells to challenge self more once you feel confident**
- 6. If you feel any pain, let me know via FB group page**
- 7. Slow down on movements you find difficult**
- 8. Believe in yourself**

**LOWER BODY**

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
BODY WEIGHT HIP THRUST	3	8 REPS				
BODY WEIGHT LUNGES	3	15 REPS – EACH LEG				
BODY WEIGHT SQUATS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
SWISS BALL HAMCURL	3	8 REPS				
DUMBBELL DEADLIFT	3	15 REPS				
HIP BRIDGES	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
FIRE HYDRANT	3	8 REPS- EACH LEG				
SQUAT JUMPS	3	15 REPS				
KETTLE SWINGS	3	25 REPS				

**UPPER BODY**

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
KNEE PUSH UPS	3	8 REPS				
BENT OVER NARROW ROWS	3	15 REPS				
LAT PULL DOWNS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
DELT FLYS	3	8 REPS				
HAMMER CURLS	3	15 REPS				
STAIGHT ARM PULL DOWNS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
1 ARM ROW	3	8 REPS- EACH ARM				
DUMBBELL CHEST FLYS	3	15 REPS				
DUMBBELL LATERAL RAISE	3	25 REPS				

**TOTAL BODY**

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
DB WIDE SHOULDER PRESS	3	8 REPS				
HAMMER CURLS	3	15 REPS				
JUMPING LUNGES	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
PUSH UP INTO PRESS	3	8 REPS				
SEATED TRICEP OVERHEAD PRESS	3	15 REPS				
BICEP CURLS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
THRUSTERS	3	8 REPS				
SQUAT JUMPS	3	15 REPS				
BANDED SQUATS	3	25 REPS				

## METABOLIC CIRCUIT- WEEK 1

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-2 Side Shuffles	30 sec				30 sec
C-3 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 2

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-4 Side Shuffles	30 sec				30 sec
C-5 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 3

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-6 Side Shuffles	30 sec				30 sec
C-7 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 4

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-8 Side Shuffles	30 sec				30 sec
C-9 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 5

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-10 Side Shuffles	30 sec				30 sec
C-11 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 6

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-12 Side Shuffles	30 sec				30 sec
C-13 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT-WEEK 7

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-14 Side Shuffles	30 sec				30 sec
C-15 Mountain Climbers	30 sec				30 / 120 sec

## METABOLIC CIRCUIT- WEEK 8

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-16 Side Shuffles	30 sec				30 sec
C-17 Mountain Climbers	30 sec				30 / 120 sec