

BP FITNESS CENTER



the beginner's gym workout guide

**6 WEEK WORKOUT
PROGRAM**

disclaimer:

*CHECK WITH YOUR
DOCTOR BEFORE
BEGINNING AN
EXERCISE PROGRAM.
PARTICIPATION IN THIS
ONLINE FITNESS
PROGRAM IS
PARTICIPANT'S (YOUR)
VOLUNTARY CHOICE
AND YOU ARE
PARTICIPATING AT
YOUR OWN RISK.*

how to use this pdf

THE WORKOUTS ARE IN
CHRONOLOGICAL ORDER. SO YOU
WILL SIMPLY

FOLLOW THE ORDER THAT THE
WORKOUTS ARE PRESENTED IN. FOR
VIDEO DEMONSTRATIONS, CLICK ON
THE EXERCISE. THIS WILL REDIRECT
YOU TO A YOUTUBE
DEMONSTRATION.

track your progress

HAVING A WAY TO TRACK YOUR
PROGRESS DURING A PROGRAM IS
SO IMPORTANT. IT HELPS YOU
KNOW WHAT IS AND ISN'T WORKING
FOR YOU. THERE ARE MANY WAYS
TO TRACK PROGRESS, FOR THIS
PARTICULAR PROGRAM WE SUGGEST
TRACKING BODY MEASUREMENTS.

YOU CAN PRINT OUT THE
WORKSHEET FROM THE PRE-MADE
WORKOUT PROGRAMS HOMEPAGE
AND SIMPLY FOLLOW THE
INSTURCTIONS ON THE PAGE.

The Warmup

It is **crucial** to go through a warmup before beginning all of your workouts. Warming up is important for many reasons, such as: **injury prevention**, **result optimization**, and it helps you **get your mind ready** as well! Let's get started!

<i>EXERCISE</i>	<i>SETS</i>	<i>REPS</i>
<i>LIGHT CARDIO</i>	<i>1</i>	<i>5 - 10 MIN</i>
<u><i>WORLD'S GREATEST STRETCH</i></u>	<i>1 - 2</i>	<i>5 E</i>
<u><i>SPLIT SQUATS</i></u>	<i>1 - 2</i>	<i>6 E</i>
<u><i>INCH WORMS</i></u>	<i>1 - 2</i>	<i>5</i>
<u><i>SHOULDER PASS THROUGHS</i></u>	<i>1 - 2</i>	<i>8</i>

All movements should be performed at a **controlled pace**. You may add a set or a few reps if you feel you need additional reps to properly warm up.

Once completed, it's time to exercise!

The Cool Down

The cool down is equally as crucial as the warmup stage of the workout. Practicing regular and proper cool down techniques will not only help with **injury prevention** but also **improve recovery time!** Be sure you give yourself time to go through this routine after each workout

<i>EXERCISE</i>	<i>SETS</i>	<i>REPS</i>
<u>LIGHT CARDIO</u>	1	5 - 10 MIN
<u>FULL BODY FOAM ROLL</u>	1	5 - 10 MIN
<u>FULL BODY STRETCH</u>	1	5 - 10 MIN

All movements should be performed at a **controlled pace**. You may add time to the stretching and foam rolling as needed. Always try to give yourself at least 5 minutes of each for optimal results.

Once completed, the workout is done!



week
1 - 3

week in workouts

Day 1:

Full Body Lift

Day 2:

Rest

Day 3:

Full Body HIIT

Day 4:

Rest

Day 5:

Full Body Lift

Day 6:

Activity Day

Day 7:

Rest

DAY

01

Full Body Strength

Week 1 - 3

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

- a) Step ups with balance: 10 reps each leg
- a) Single arm shoulder press: 10 reps each arm
2 - 3 x through
- b) Barbell hip thrusts: 10 - 12 reps
- b) TRX or inverted rows: 10 reps
2 - 3 x through
- c) Russian Twists: 10 - 15 reps each side
- c) Single Leg V-Ups: 8 - 10 reps each side
- c) Burpees: 10 reps
2 - 3 x through

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

03

Full Body HIIT

Week 1 - 3

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

a) Dumbbell squats: 10 reps

a) Push-ups (any variation): 6 - 12 depending on ability

a) Swimmers: 10 - 15 reps

2 - 3 x through with little/no rest between exercises

b) Wide Leg Press: 10 reps

b) Upright rows: 10 reps

b) Single arm renegade rows: 8 - 10 each arm

2 - 3 x through with little/no rest between exercises

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

05

Full Body Lift

Week 1 - 3

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

a) Dumbbell deadlifts: 10 reps

a) Leg extensions: 10 - 12 reps
2 - 3 x through

b) Dumbbell Chest press: 10 reps

b): Lat pull downs: 10 - 12 reps
2 - 3 x through

c) Kettlebell swings: 12 reps

c): Mt. Climbers: 10 - 15 reps each leg

c): Plank: 20 - 60 seconds depending on ability

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

06

Activity Day

Week 1 - 3

Activity day is a time for you to get out and about while being active. Exercise doesn't only have to happen in the gym. There are so many ways to get your body moving that are not only good for your body but fun and enjoyable to do!

That's okay if you're not feeling totally inspired... here are a few ideas to get the juices flowing:

- > *Go for a walk with a friend*
- > *Take a dip in a pool or at the beach*
- > *Get dirty and do some yard work*
- > *Play a few rounds of pick up with some buddies, maybe its basketball, soccer, whatever you enjoy*
- > *Get active with your kiddos and play with them at the park*

Try to get moving for at least 45 minutes in some light/moderate activity. Most of all, try to have some fun!

week
4 - 6



week in workouts

Day 1:

Full Body Lift

Day 2:

Steady State Cardio

Day 3:

Full Body HIIT

Day 4:

Rest

Day 5:

Full Body Lift

Day 6:

Activity Day

Day 7:

Rest

DAY

01

Full Body Strength

Week 4 - 6

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

a) Reverse Lunge with Knee Drive: 10 reps each leg

a) Seated DB Shoulder Press: 10

2 - 3 x through

b) Romanian Deadlift (RDL): 10 - 12 reps

b) Assisted Pull Ups: 8 - 10 reps

2 - 3 x through

c) Bicycle Crunches with Pause: 10 reps each side

c) Leg Raises: 10 - 12 reps

2 - 3 x through

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

Steady State Cardio

02

Week 4 - 6

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Steady state cardio is a type of cardio workout where you exert a continuous, steady effort throughout the duration of the session.

You can do this on any cardio machine set at a moderate intensity. It can also be done outdoors by going for a power walk or jog. Choose what you enjoy (or tolerate) the most.

Start at 30 minutes for the first week of this. Then each session try to add 5 - 10 minutes.

Warmup

Steady State Cardio: 30 + Minutes

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

03

Full Body HIIT

Week 4 - 6

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

a) Barbell Squats: 8 - 10 reps

a) Dips (with bench): 10 - 12 reps

a) Renegade Rows: 8 - 10 reps each arm

2 - 3 x through with little/no rest between exercises

b) Pistol Squats onto Box: 6 - 10 reps each leg

b) Lateral and Front Raises: 8 reps of each

b) Rear Delt. Flies: 10 - 12 reps

2 - 3 x through with little/no rest between exercises

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

05

Full Body Lift

Week 4 - 6

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

Warmup

a) **Barbell Deadlifts: 10 reps**

3 x through (rest until fully recovered between sets)

b) **Barbell Chest Press: 10 reps**

3 x through (rest until fully recovered between sets)

c) **Single Leg Extensions: 10 reps each leg**

c) **Lat Pull Downs: 10 - 12 reps**

2 - 3 x through

d) **Burpees: 10 reps**

d) **Shoulder Taps: 10 reps each arm**

d) **Oblique Crunches: 10 reps each side**

2 - 3 x through

Cool Down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

DAY

06

Activity Day

Week 4 - 6

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