



BEGINNER LEAN

FULL BODY Approx 50 mins

Warm-Up (7 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Treadmill Walk or Bike: 4 min at RPE 3**
- **Dynamic Leg Swings:** 1 min – How: Hold support, swing each leg forward/back and side-to-side.
- **Arm Circles & Band Pull-Aparts:** 1 min each – How: Swing arms in circles, then pull resistance band apart at chest.

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (35 mins) Rest 60–90 seconds between sets.

Goblet Squat (Dumbbell) – 3 x 12reps

- How: Hold weight at chest, squat down, stand up.
- Why: Builds quads, glutes, and core; functional lower body strength

Incline Dumbbell Bench Press – 3 x 10reps

- How: Lie on incline bench, press dumbbells from chest upward, lower slowly.
- Why: Tones chest, shoulders, triceps; improves upper body push strength

Seated Cable Row – 3 x 12reps

- How: Sit, grip handle, pull to torso, squeeze shoulder blades.
- Why: Strengthens back, improves posture and pulling power.

Plank – 2 x 30sec

- How: Forearms and toes on floor, body straight, hold.
- Why: Builds core stability and endurance

Romanian Deadlift (Barbell or Dumbbell) – 2 x 12reps

- How: Stand tall, hinge at hips, lower weight to shins, stand up.
- Why: Targets hamstrings, glutes, and teaches safe lifting mechanics

Standing Dumbbell Shoulder Press – 2 x 10reps

- How: Stand, dumbbells at shoulders, press overhead, lower with control.
- Why: Builds shoulders, aids daily overhead strength.

Cardio Finisher: Rowing Machine

- Time: 5 min steady at RPE 6
- How: Row at a brisk pace, focus on strong leg drive and smooth pulls.
- Why: Boosts calorie burn, full-body conditioning, aids leanness.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Hamstring Stretch (30 sec per leg)

- How: Stand, extend one leg, hinge at hips, reach toward toes.

Chest Stretch (Doorway or Wall) (1 min)

- How: Place forearm on wall/doorway, gently lean forward.

Shoulder Stretch (30 sec per arm)

- How: Pull one arm across chest, hold with opposite arm.

Quad Stretch (30 sec per leg)

- How: Stand, pull foot to glutes, keep knees together.

Upper Back Stretch (Hug Yourself) (1 min)

- **How:** Hug yourself, gently pull shoulders forward.

Gentle walking or cycling: 2–3 minutes

Programming Notes

- RPE 7: Challenging but sustainable; last reps should feel tough but doable.
- Progression: Increase weight or reps weekly if form is solid.
- Form: Prioritize technique and full range of motion.
- Rest: 60–90 seconds between sets/exercises.