



BEGINNER LEAN

LOWER BODY Approx 50 mins

Warm-Up (7 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **5 min Cardio: Cross trainer or rowing at RPE 3**
- **Dynamic Leg Swings: 1 min** – How: Swing each leg forward/back and side-to-side.
- **Bodyweight Squats: 1 min** – How: Stand feet shoulder-width, squat down, stand up.
- 2 warm-up sets of your first exercise with light weight

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 (38 mins)

Rest 60–90 seconds between sets.

Goblet Squat (Dumbbell) – 3 x 10reps

- How: Hold weight at chest, squat down, stand up.
- Why: Builds quads, glutes, core; teaches squat mechanics.

Leg Press Machine – 3 x 10reps

- How: Sit, feet shoulder-width, press platform, control back.
- Why: Strengthens entire lower body in a supported position.

Romanian Deadlift (Barbell or Dumbbell) – 3 x 10reps

- How: Hinge at hips, lower weight to shins, stand up.
- Why: Trains hamstrings, glutes, hip hinge pattern.

Walking Lunges (Dumbbells or Bodyweight) – 2 x 12reps per leg

- How: Step forward, lower back knee, alternate legs.
- Why: Improves balance, single-leg strength, and glute activation.

Standing Calf Raise (Bodyweight) – 2 x 15reps

- How: Rise onto toes, lower slowly.
- Why: Strengthens calves, supports ankle stability.

Rowing Machine Intervals

- Time: 5 x 1 min moderate row + 1 min easy row
- RPE: 6–7
- How: Alternate moderate and easy pace.
- Why: Full-body cardio, increases calorie burn and leanness.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Standing quadriceps stretch: 30 seconds per leg

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

Standing hamstring stretch: 30 seconds per leg

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

Seated glute stretch: 30 seconds per side

- How: Sit, cross ankle over opposite knee, lean forward gently.

Calf stretch (wall or step): 30 seconds per leg

- How: Press ball of foot against wall, lean forward.

Gentle walking or cycling: 2–3 minutes

Progression: Increase speed, resistance, or interval length as fitness improves.

- **RPE Use:** Stay mostly at RPE 5–6 for main cardio, with short intervals at RPE 7 for challenge.
- **Rest:** Take at least one rest day between sessions for recovery.
- **Why This Structure?:** Cardio, stability, foam rolling, and core work together improve heart health, balance, mobility, and injury prevention