



BEGINNER LEAN

UPPER 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:** Treadmill brisk walk or bike at RPE 3
- **Dynamic Arm Circles:** 1 min – How: Swing arms forward/backward in circles.
- **Band Pull-Aparts:** 1 min – How: Hold resistance band, pull apart to chest level.
- 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.

Bench Press (Dumbbell) – 3 x 10reps

- How: Lie on bench, lower weight to chest, press up.
- Why: Builds chest, shoulders, triceps; foundational strength.

Seated Cable Row – 3 x 10reps

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

Standing Dumbbell Shoulder Press – 2–3 x 10reps

- How: Stand, dumbbells at shoulders, press overhead, lower slowly.
- Why: Builds shoulder, triceps and aids pressing strength.

Assisted Pull-Up or Lat Pulldown – 2 x 8–10reps

- How: Pull body/bar down to chest, control up.
- Why: Develops lats, biceps, functional pulling.

Cable Triceps Pushdown – 2 x 12reps

- How: Stand, grip cable, push down, extend arms.
- Why: Isolates triceps, supports pressing.

Dumbbell Biceps Curl – 2 x 12reps

- How: Stand, curl dumbbells to shoulders, lower.
- Why: Builds biceps, improves arm strength.

Treadmill Intervals

- Time: 5 x 1 min fast walk/jog + 1 min slow walk
- RPE: 6–7
- How: Alternate fast and slow walking/jogging.
- Why: Boosts calorie burn, heart health, and leanness.

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

Shoulder stretch: 30 seconds per arm

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

Triceps stretch: 30 seconds per arm

- How: Reach one arm overhead, bend elbow, gently pull with other hand.

Chest stretch (doorway or wall): 1 minute

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

Upper back stretch (hug yourself): 1 minute

- How: Hug yourself, pull shoulders forward.

Gentle walking or stationary 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.