



BEGINNER STRENGTH

FULL BODY Approx 50 mins

Warm-Up (8 mins)

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

- **Walk or jog:** 2 minutes
- **Arm Circles (30 sec each direction)**
- **Hip Circles (30 sec each direction)**
- **Bodyweight Squats (30 sec)**
- **Dynamic Chest Opener (1 min)**
- **Wrist circles (15 sec each direction)**

Programme Tips

- Focus on slow, controlled movements and proper form.
- Choose weights that are challenging but allow you to finish all reps with good technique.
- Increase weights gradually as you get stronger.
- Rest at least one day between sessions

Main Workout (35 mins)

Perform 2–3 sets of each exercise, 8–12 reps per set. Rest 60–90 seconds between sets.

Goblet Squat

- **How:** Hold a dumbbell or kettlebell at chest height, feet shoulder-width. Squat down, keeping chest up and knees out, then stand up.
- **Why:** Strengthens legs and glutes, teaches proper squat form, and is beginner-friendly.

Dumbbell Chest Press

- **How:** Lie on a bench, hold dumbbells at chest, press them up until arms are straight, lower with control.
- **Why:** Builds chest, shoulders, and triceps strength safely.

Seated Row Machine

- **How:** Sit at the machine, grip handles, pull towards your torso, squeeze shoulder blades, and return.
- **Why:** Strengthens upper/mid back and biceps, balances pressing work.

Dumbbell Romanian Deadlift

- **How:** Stand with dumbbells in hands, slight knee bend, hinge at hips to lower weights down front of legs, then return to standing.
- **Why:** Targets hamstrings and glutes, teaches safe hip hinging.

Dumbbell Shoulder Press

- **How:** Sit or stand, hold dumbbells at shoulders, press overhead, lower with control.
- **Why:** Builds shoulder and triceps strength, improves overhead mobility.

Lat Pulldown Machine

- **How:** Sit, grip bar wider than shoulders, pull bar to upper chest, control back up.
- **Why:** Strengthens upper back **and arms**, improves posture.

Standing Calf Raise

- **How:** Stand tall, rise onto toes, hold, lower slowly.
- **Why:** Strengthens calves and supports ankle stability.

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