



BEGINNER STRENGTH

UPPER 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 seconds each direction
- **Shoulder rolls:** 10 forward, 10 backward
- **Dynamic chest stretch (open arms wide, hug yourself):** 1 minute
- **Light band pull-aparts or wall push-ups:** 1 minute
- 2 warm-up sets of your first exercise with light weight

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

Seated Chest Press Machine

- **How:** Sit with back flat, grip handles, press forward until arms are straight, return slowly.
- **Why:** Safely builds chest, shoulders, and triceps strength for beginners.

Lat Pulldown Machine

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

Seated Row Machine

- **How:** Sit with chest to pad, grip handles, pull toward you, squeeze shoulder blades, return.
- **Why:** Builds mid-back and arm strength, balances pressing work.

Dumbbell Shoulder Press (seated or standing)

- **How:** Hold dumbbells at shoulder height, press overhead, lower with control.
- **Why:** Develops shoulder and triceps strength, supports daily movements.

Dumbbell Biceps Curl

- **How:** Stand or sit, arms at sides, curl dumbbells up, lower slowly.
- **Why:** Isolates and strengthens the biceps.

Triceps Rope Pushdown (cable machine)

- **How:** Stand, grip rope, elbows by sides, push rope down, spread at bottom, return.
- **Why:** Targets the triceps, balancing arm strength.

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