

# Beginner's Day 4

23 min · Abs, Arms, Back, Cardio, Chest, Legs, Shoulders



Nayo R.

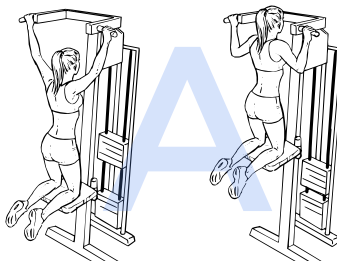
## Cardio - Running



5 min

Speed 3.8-4.0

## Machine Assisted Pull-ups



2 sets 10 reps

Superset A1

## Knee Push-ups

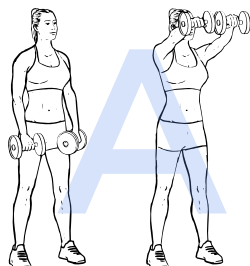


2 sets 10 reps

Superset B1

0:45  
rest

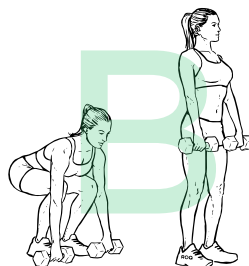
## Two Arm Dumbbell Front Shoulder Raises



3 sets 10 reps

Superset A2

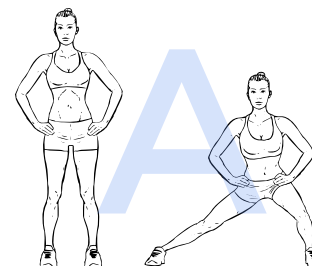
## Dumbbell Deadlifts



3 sets 12 reps

Superset B2

## Lateral Lunges

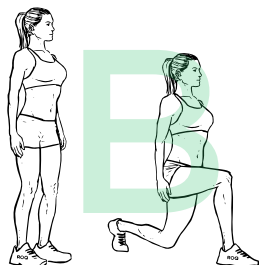


2 sets 12 reps

Superset A3

0:45  
rest

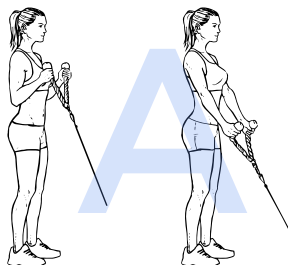
## Bodyweight Walking Lunges



2 sets 12 reps

Superset B3

## Cable Hammer Bicep Curls

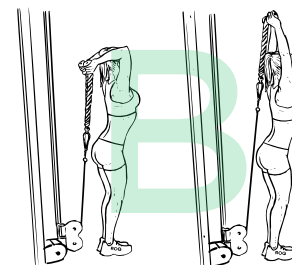


3 sets 12 reps

Superset A4

0:45  
rest

## Cable Rope Overhead Triceps Extensions



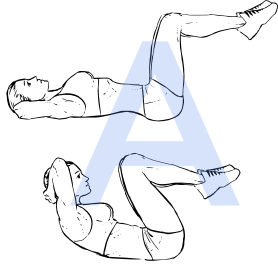
3 sets 12 reps

Superset B4

0:45  
rest



**Double Crunches**



**3 sets 10 reps**

Superset A5

**Dead Bug**



**3 sets 10 reps**

Superset B5

## Cardio - Running / Jogging / Treadmill

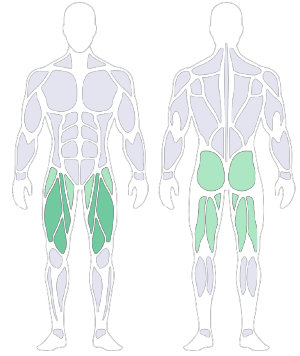
Primary muscle group(s):

**Quadriceps**

Secondary:

**Glutes & Hip Flexors, Hamstrings**

No specific instructions for this exercise.



## Machine Assisted Pull-ups / Pullups

Primary muscle group(s):

**Middle Back / Lats**

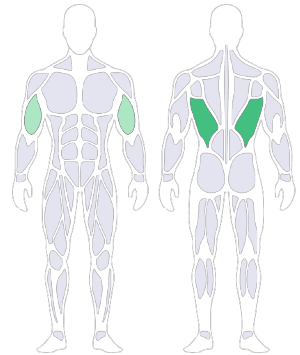
Secondary:

**Biceps**

Select the correct weight to counterbalance your own before beginning. The heavier the weight, the easier it will be.

Reach above and use an overhand grip to secure yourself as you kneel on the padded surface of the assisted machine. Tighten your core as well as your glutes.

Lower yourself slowly. Do not lock out the elbow. Pull yourself back to the starting position but do not let the weight touch the stack. Pause and repeat.



## Modified / Knee Push-ups / Pushups

Primary muscle group(s):

**Chest**

Secondary:

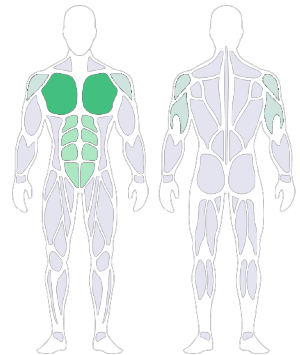
**Abs, Shoulders, Triceps**

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.



## Dual / Two Arm Dumbbell Front Shoulder Raises

Primary muscle group(s):

Neck & Upper Traps, Shoulders

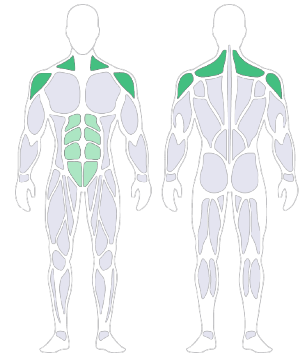
Secondary:

Abs

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced.

Begin by lifting the dumbbells in front of you. Keep the abdominals contracted as you raise the dumbbells. Feel the contraction in the shoulder muscles.

Once the dumbbells reach shoulder height, pause and slowly lower the dumbbells to the starting position.



## Dumbbell Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.

Stand facing the dumbbells with your feet shoulder width apart.

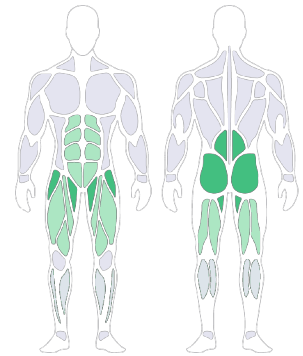
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.

At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.

Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.

Return the dumbbells to the floor in the same manner you picked them up.

Repeat.



## Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings, Quadriceps**

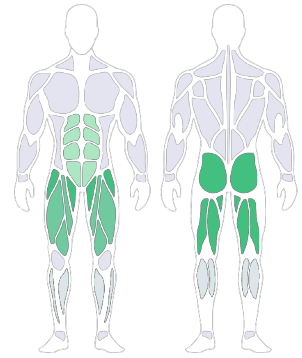
Secondary:

**Abs, Calves**

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



## Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

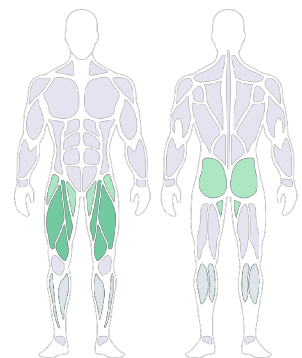
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

**!** Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Cable Hammer Bicep Curls

Primary muscle group(s):

**Biceps**

Secondary:

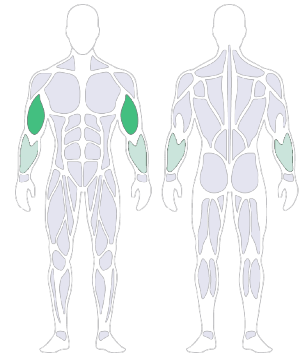
**Forearms**

Stand at the cable station with your feet shoulder width apart and with a slight bend at the knee.

Grasp the rope with both hands and your palms facing inward.

Keeping your core strong and your elbows fixed at your sides pull the rope towards the top of your chest (only the lower portion of your arms should be moving).

Tense your biceps at the peak, and then slowly allow the rope to be pulled back down to the starting position.



## Cable Rope Overhead Triceps Extensions

Primary muscle group(s):

**Triceps**

Secondary:

**Forearms**

Attach a rope to the bottom pulley of a cable station.

Grip the rope with both hands using a neutral grip. Turn your body away from the cable station.

Fully extend your arms until your hands are directly above your head pointing to the ceiling.

Keep your elbows close to your head. This is the start position.

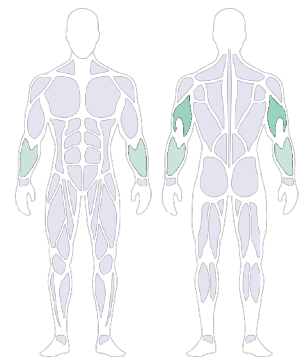
Slowly lower the rope behind your head, keeping your upper arms stationary, inhaling as you do so.

When your triceps are fully extended, hold for a count of one while squeezing your triceps.

Return to the starting position by flexing your triceps and extending your arms. Exhale as you do so.

Repeat.

**!** This exercise can be performed seated on a plain bench, or one that has a back support. You can also use a single dumbbell instead of the rope.



## Double Crunches

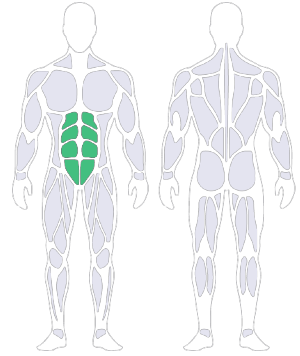
Primary muscle group(s):

Abs

Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.

Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.

Pause and return to the starting position.



## Dead Bug

Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.

