

Beginner's Day 2

21 min · Back, Cardio, Chest, Legs



Nayo R.

The last few exercises are not super set. However, if you can based on your gym's lay out, super set. If you can't just focus on completing one exercises before moving to the next with a 45 second rest in between sets

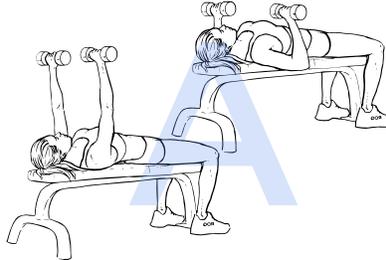
Cardio - Running



5 min

Walk at a pace of 3.8 or 4.0. It should be a walk not a jog.

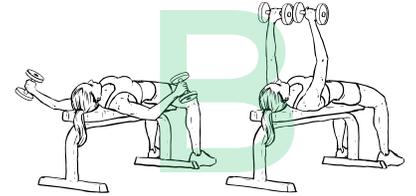
Dumbbell Flat Bench Press



4 sets 10 reps 10 lbs

Superset A1

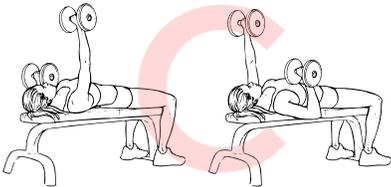
Flat Bench Dumbbell Flyes



4 sets 10 reps 8 lbs

Superset B1

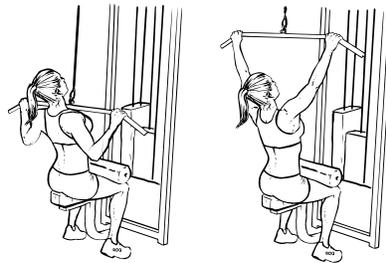
Single Arm Alternating Dumbbell/Chest/Flat Bench Press



4 sets 10 reps 10 lbs

Superset C1

Wide-Grip Lat Pulldowns



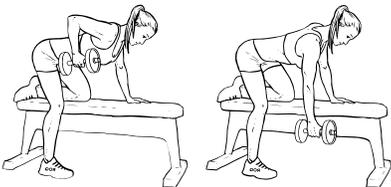
3 sets 12 reps 40 lbs

Low Cable Back Rows



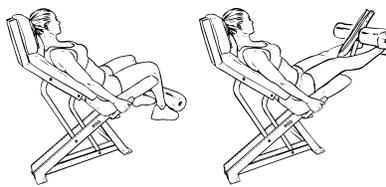
3 sets 12 reps 40 lbs

Single Arm Dumbbell Bench Rows



3 sets 10 reps 15 lbs

Seated Machine Leg Extensions



4 sets 10 reps



Cardio - Running / Jogging / Treadmill

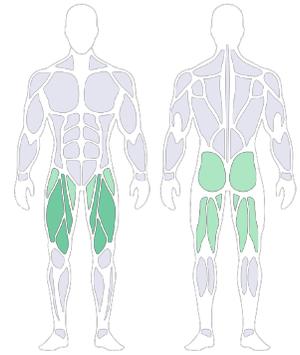
Primary muscle group(s):

Quadriceps

Secondary:

Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.



Dumbbell Flat Bench Press

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Lie on a flat bench holding a dumbbell in each hand with an overhand grip.

Start by holding the dumbbells slightly wider than shoulder width apart above your shoulders. Your palms should be facing forward.

Slowly bend your elbows until they are at a 90 degree angle and your upper arms are parallel to the ground.

Push the weights up by straightening your arms.

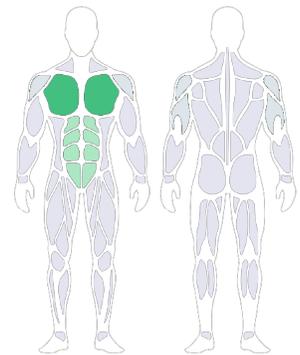
As you push the weights up, move your arms in an arc to bring the dumbbells together, until they meet over the center of your chest. Hold for a count of one.

Lower the dumbbells by slowly bending your elbows back to 90 degrees.

Continue lowering your arms until they are a little lower than parallel to the floor. (Your elbows should be pointing slightly towards the floor and you should feel a stretch in your chest muscles and shoulders.)

Repeat

i Be sure to concentrate on a balanced movement when lifting the dumbbells. Use both arms equally spaced and moving at the same speed.



Flat Bench Dumbbell Flyes

Primary muscle group(s):

Chest

Secondary:

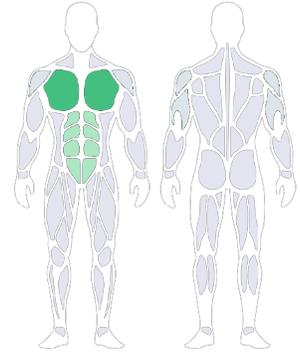
Abs, Shoulders, Triceps

Holding a pair of dumbbells, sit on a flat bench and slowly lower yourself back.

Keep a tight core as you push the dumbbells above your chest. The dumbbells will be facing one another and held together.

With a slight bend in the elbow, open up your chest and slowly lower the dumbbells to the sides.

When the dumbbells are parallel with the ground, pause, and return to the starting position.



Single Arm Alternating Dumbbell/Chest/Flat Bench Press

Primary muscle group(s):

Chest

Secondary:

Triceps

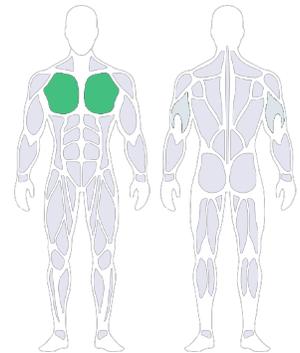
Lie on a flat bench holding a dumbbell in each hand with an overhand grip.

Start by holding the dumbbells slightly wider than shoulder width apart above your shoulders. Your palms should be facing forward.

Keeping your right arm stationary, slowly bend your left elbow until it reaches a 90-degree angle and your upper left arm is parallel to the ground.

Push the weight back up by contracting your chest and straightening your arm.

Repeat the same motion with your right arm while now keeping your left arm locked in position.



Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

Lower Back, Middle Back / Lats

Secondary:

Abs, Biceps

Set up a cable station with a straight bar attached to the top pulley.

Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.

Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)

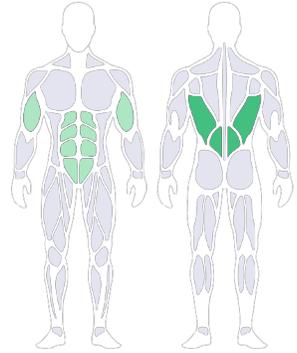
Lean back slightly without arching your back.

Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.

At the end of the movement squeeze your shoulders together slightly and hold for a count of one.

Return to the start position by arcing your elbows forward while relaxing your shoulders.

Repeat.



Seated / Low Cable Back Rows

Primary muscle group(s):

Lower Back

Secondary:

Biceps, Shoulders, Upper Back & Lower Traps

Connect a V-bar attachment to the low pulley on a cable station or cable rowing machine.

Sit down at the station and place your feet on the foot pads or crossbar provided, while keeping your knees slightly bent.

Lean forward, keeping your back straight and grip the V-bar handles with both hands.

Keeping your arms fully extended pull back until your torso is at a 90-degree angle from your legs.

Your back should be slightly arched, with your chest should be pushed out. This is the start position.

Keeping your torso stationary, pull the handles back towards you while squeezing your back muscles.

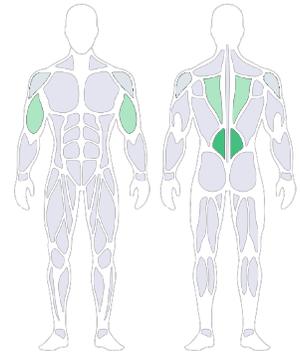
Keep your arms close to your sides until your hands reach your abdomen. Exhale as you perform this movement.

Hold for a count of one.

Inhale as you return to the start position in a smooth movement.

Repeat.

! Do not swing or rock back and forth as you perform this exercise. Doing so can cause lower back injury. You can perform this exercise using a straight bar instead of a V-Bar. You can use an underhand or overhand grip.



Single / One Arm Dumbbell Bench Rows

Primary muscle group(s):

Lower Back, Upper Back & Lower Traps

Secondary:

Abs, Biceps, Shoulders

Place a dumbbell on each side of a flat bench.

Place your right knee on the end of the bench.

Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench in front of you for support.

With your left hand, pick up the dumbbell with an overhand grip. The palm of your hand should be facing into you.

Keep your lower back straight. This is the start position.

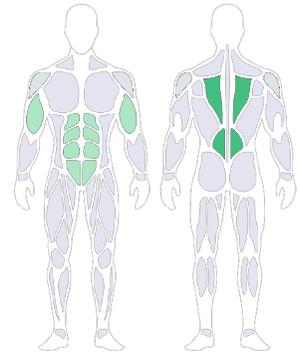
Using your back muscles, pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side. Exhale as you do so.

At the top of the movement, hold for a count of one and squeeze your back muscles.

Return to the start position inhaling as you do so. Repeat.

Complete all repetitions for one side before switching sides.

 This exercise can be performed using a cable station, with a stirrup handle attached to either the high or low pulley.



Seated Machine Leg Extensions

Primary muscle group(s):

Quadriceps

Sit on a leg extension machine and place your legs under the pad with your feet pointed forward. The pad should rest on your shins just above your feet and you will need to adjust it to suit.

Grip the hand bars (if fitted) firmly. This is the start position.

Using only your quadriceps, fully extend your legs exhaling as you do so. Hold for a count of one.

Return to the start position in a smooth movement as you inhale,.

The angle at your knee should not go past 90-degrees.

Repeat.

 This exercise can be performed one leg at a time.

