

# Beginners: Day 1

26 min · Arms, Cardio, Chest, Legs, Shoulders



Nayo R.

How to know you have chosen the correct weight for the exercise: the last 3 of the set is difficult to complete. If you can complete the set without struggling in the last three, the weight is too light. If you struggle with half of the reps, the weight is too heavy.

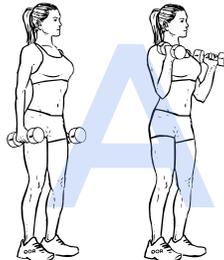
## Cardio - Running



5 min

Warm up with speed of 3.8-4.0

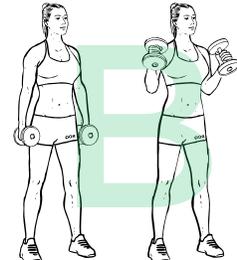
## Standing Dumbbell Bicep Curls



4 sets 10 reps 10 lbs

Superset A1

## Standing Dumbbell Bicep Hammer Curls



4 sets 10 reps 10 lbs

Superset B1

1:00  
rest

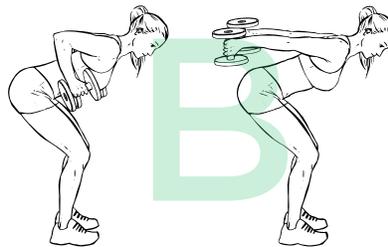
## Lying Dumbbell Tricep Extensions



4 sets 10 reps 8 lbs

Superset A2

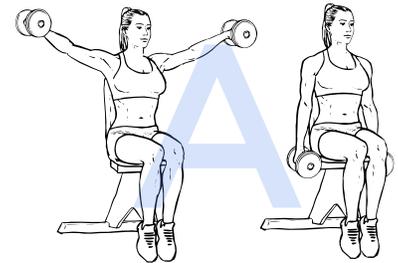
## Bent Over Double Arm Tricep Kickbacks



4 sets 10 reps 8 lbs

Superset B2

## Seated Lateral Shoulder Dumbbell Raises

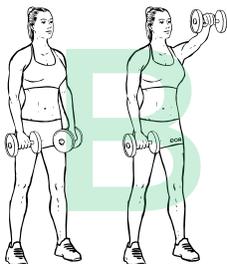


3 sets 10 reps 8 lbs

Superset A3

1:00  
rest

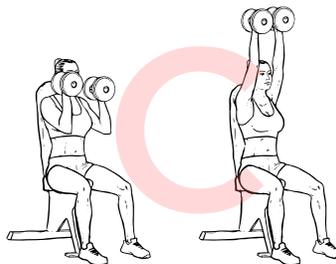
## Front Shoulder Dumbbell Raises



3 sets 10 reps 8 lbs

Superset B3

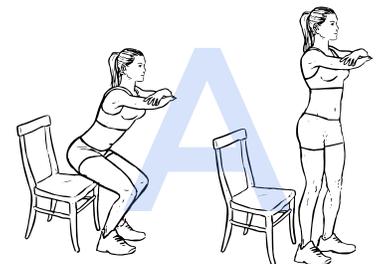
## Seated Shoulder Hammer Presses



3 sets 10 reps 10 lbs

Superset C1

## Chair Squats



4 sets 12 reps

Superset A4

1:00  
rest



### Bodyweight Walking Lunges



**4 sets 12 reps**

Superset B4

## Cardio - Running / Jogging / Treadmill

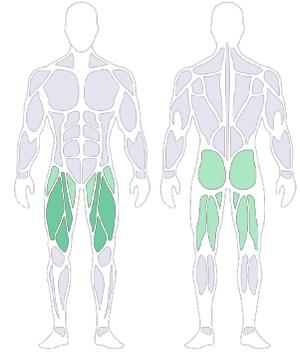
Primary muscle group(s):

**Quadriceps**

Secondary:

**Glutes & Hip Flexors, Hamstrings**

No specific instructions for this exercise.



## Standing Dumbbell Bicep Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Abs, Forearms**

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

Let your arms hang by your side with your palms facing in to the side of your body.

Keep your elbows close to your sides.

Curl the dumbbells up towards your shoulders. Do not swing your hips to get the weight moving.

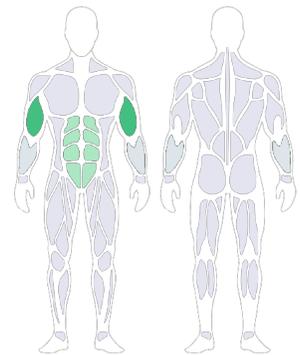
Continue raising the dumbbells until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.

Squeeze or flex your bicep and hold for a count of one.

Slowly lower the dumbbells to the starting position.

Repeat.

**!** You can also perform this exercise by alternating between left and right arms or one arm at a time.



## Standing Dumbbell Bicep Hammer Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Forearms**

Stand straight holding a dumbbell in each hand with a neutral grip.

Keep your arms fully extended with your palms facing in to your sides.

Keep your elbows tucked in to your sides. This is the start position.

Keeping your upper arm stationary, exhale and curl the dumbbells up towards your shoulders.

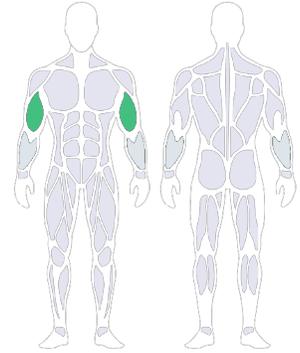
Continue raising the dumbbells until your biceps are fully contracted and the dumbbells are at shoulder level.

Hold for a count of one and squeeze your biceps.

Return to the start position in a smooth movement, inhaling as you do so.

Repeat.

 There are many ways to perform this movement. Other examples include; sitting with or without back support, using alternating arms and also using a cable station's lower pulley.



## Lying Dumbbell Tricep Extensions

Primary muscle group(s):

**Triceps**

Secondary:

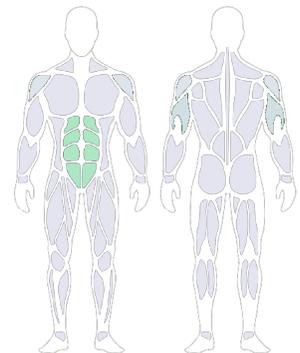
**Abs, Shoulders**

Lie flat on your back on a bench and position your feet flat on the floor on either side of the bench.

With a dumbbell in each hand, extend your arms over head until fully extended. Your palms should face one another and your hands should be close together.

Bend the elbows and lower the weights to either side of your head.

Extend your arms to return to the starting position.



## Bent Over Double Arm Tricep Kickbacks

Primary muscle group(s):

**Triceps**

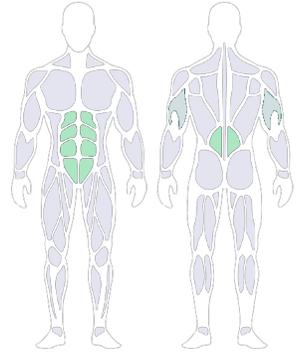
Secondary:

**Abs, Lower Back**

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.



## Seated Lateral / Side Shoulder Dumbbell Raises

Primary muscle group(s):

**Shoulders**

Secondary:

**Neck & Upper Traps**

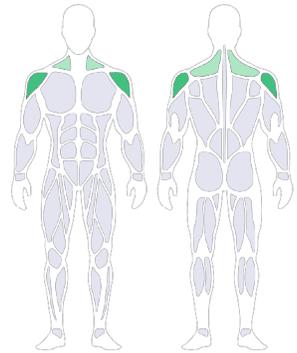
Sit on a bench, holding a dumbbell in each hand. Your hands should be at your sides.

Maintain a flat back and tight core. Look straight ahead during the movement.

Be sure to maintain a slight bend in your elbows at all times.

Extend your arms out to the side and guide the weight up. Your arms should come to parallel with the floor.

Pause, slowly lower the weight back to the starting position. Repeat.



## Forward / Front Shoulder Dumbbell Raises

Primary muscle group(s):

**Shoulders**

Secondary:

**Abs**

Stand straight holding a dumbbell in each hand with an overhand grip.

Hold the dumbbells in front of your thighs with your palms facing your thighs. Keep your arms fully extended. This is the start position.

Raise the left dumbbell out and upwards, while keeping a slight bend in your elbow. Your palms must always face down for this exercise.

Continue raising the dumbbell until your arm is a little above parallel to the floor. Exhale as you are raising the dumbbell.

Pause for a count of one.

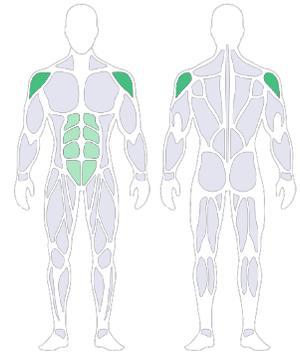
Inhale and slowly lower the dumbbell to the start position.

As you lower the left dumbbell, begin to lift the right dumbbell, duplicating the movement.

When both dumbbells have been raised and lowered in a cycle, that is one repetition.

Repeat.

 This exercise can be performed using both arms at the same time and also by substituting a barbell for the two dumbbells.



## Seated Shoulder Hammer / Overhead Presses

Primary muscle group(s):

**Shoulders**

Secondary:

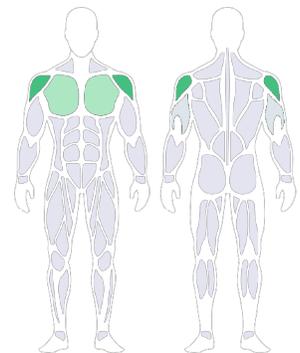
**Chest, Triceps**

Sit on a bench/chair with your back straight and the dumbbells in a hammer grip so that the dumbbells run lengthways along the side of your face.

Drive both weights, simultaneously upwards, until you reach a full overhead extension.

Carefully lower the dumbbells back down to the starting position, maintaining the hammer grip all the way through the movement.

Be sure to keep your core strong and lower back connected to the bench/chair at all times.



## Chair Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

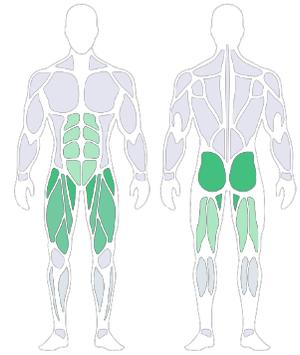
Secondary:

**Abs, Calves, Hamstrings**

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



## 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.

