

Beginners Strength Training Objectives

The Beginners Strength Routines are designed to develop and build muscle and strength safely and effectively. This is an eight week program which targets major muscle groups.

Weeks 1 and 2 is designed to get your body acclimated to strength training.

Weeks 3 and 4 is designed to start building muscle and strength.

Weeks 5 and 6 is designed to increase muscle and strength.

Weeks 7 and 8 is designed for a transition into an Intermediate Strength Training Routine.

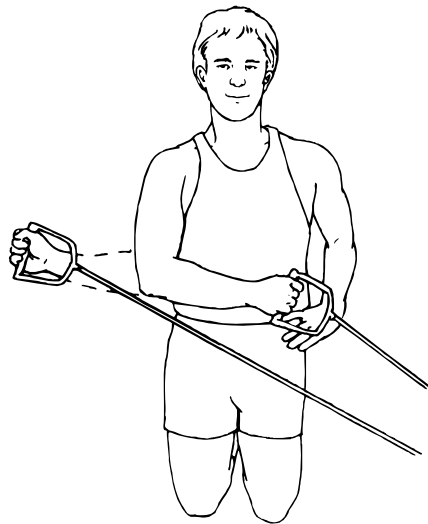
For each exercise use a resistance with which the last 2 repetitions are difficult to complete with proper form.

Always do 5 minutes of moderate warmup on a treadmill, bike, or elliptical before each strength training session.

Do each routine 2 to 3 times each week with at least 24 hours between successive sessions.

SHOULDERS - 24 External Rotation: Single Arm (Cable)

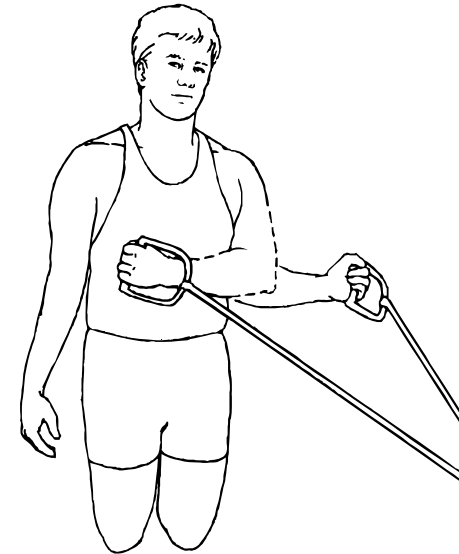
Arm across body, rotate arm away from torso, keeping upper arm against body.



Do 1 set each side of 15 repetitions.

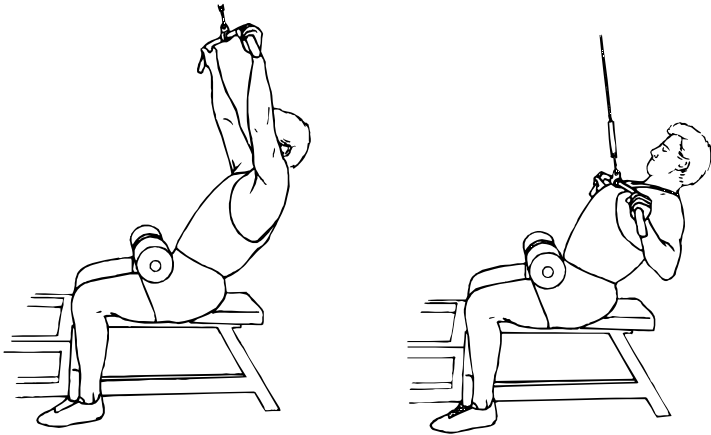
SHOULDERS - 25 Internal Rotation: Single Arm (Cable)

Forearm away from body, rotate arm toward torso, keeping upper arm against body.



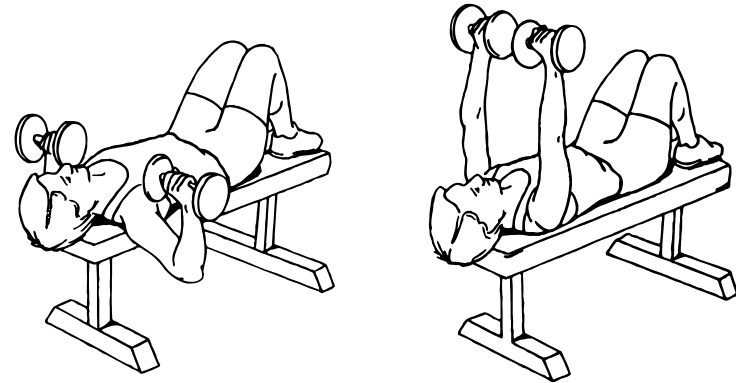
Do 1 set each side of 15 repetitions.

BACK: LATS - 12 Pull-Down: 45° Angle (Cable)



Leaning back slightly, pull bar to upper chest.
Do 2 sets. Complete 10 repetitions.

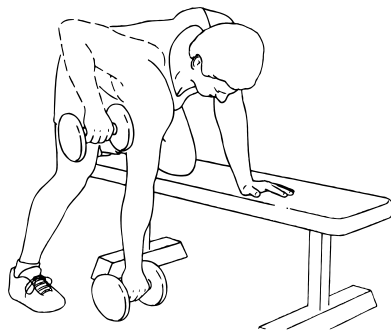
CHEST - 15 Bench Press (Dumbbell)



Press to straight arms.
Do 2 sets. Complete 10 repetitions.

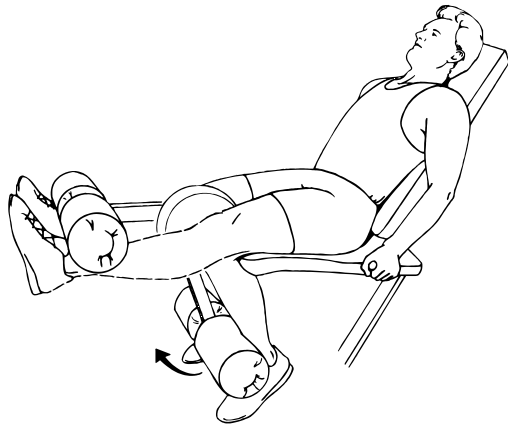
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest,
keeping elbow close to
body.



Do 2 sets.
Complete 10 repetitions.

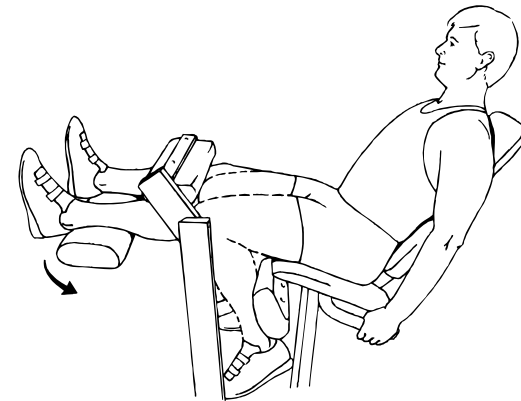
LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



Straighten legs to locked knee position, keeping toes flexed toward knees.

Do 2 sets. Complete 10 repetitions.

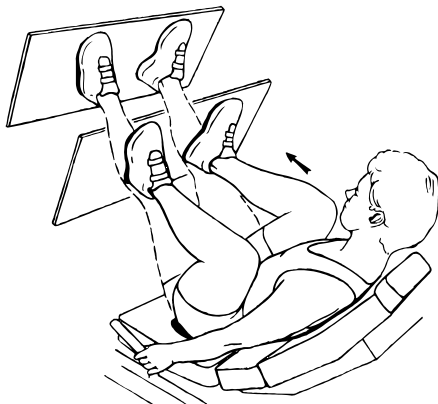
LEGS: HAMSTRINGS - 5 Leg Curl: Sitting (Machine)



Bring heels as close to buttocks as possible keeping feet flexed toward knees.

Do 2 sets. Complete 10 repetitions.

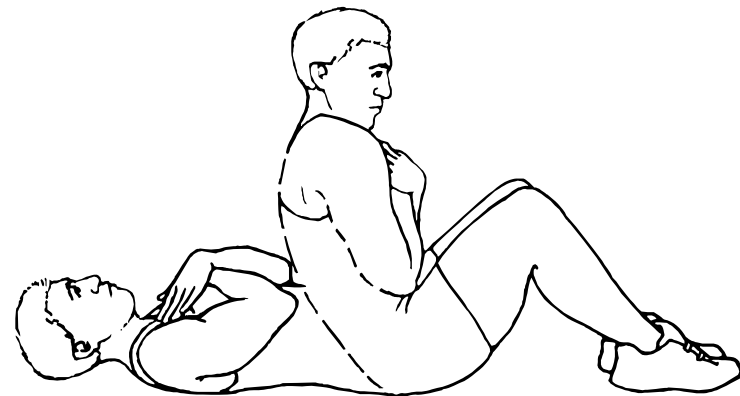
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.

Do 2 sets. Complete 10 repetitions.

ABS - 2 Sit-Up: Bent Knee



Arms crossed, tighten abdominals, bend at waist, curling upper body toward knees.

Do 2 sets. Complete 15 repetitions.