

4 Week
Full Body
Program

The Beginners Guide To The Gym

Take Your First Steps!



Starting a new fitness routine can be intimidating, especially if you're new to the gym.

But with a structured and well-designed strength training program, you can build a strong foundation of muscle and strength that will serve you well in the long term.

If you're a beginner looking to get started in the gym, a full-body, three-times-per-week program is one of the best options. This program revolves around compound exercises that work multiple muscle groups simultaneously, helping you build the perfect foundation for later, more advanced programs.

This 4-week program will include comprehensive exercise instructional videos and an easy to follow table to get you going on your muscle and strength-building journey!



WHY GO TO THE GYM AT ALL?

It's understandable that some people might feel intimidated by the gym, especially if they are new to exercising or are self-conscious about their fitness level. However, most gyms are welcoming and inclusive environments, open to people of all fitness levels.

It can really be a welcoming and supportive environment if you approach it with an open mind and a positive attitude. Besides the social aspect, strength training will provide you with some hard physiological and psychological benefits.

One of the most obvious benefits of strength training is the improvement in muscle strength and size. When you lift weights, you place stress on your muscles, which causes them to adapt and become stronger. This is known as the principle of overload, and it is the driving force behind muscle growth. As your muscles become stronger, they also become larger, which can improve your physical appearance.

It can help increase bone density, which is vital for maintaining strong and healthy bones. This is especially important for older individuals, as bone density tends to decrease with age. Strength training can also improve balance and coordination, which can help reduce the risk of falls and injuries.

In addition to its physical benefits, strength training can also have a positive impact on mental health. It has been shown to reduce stress and anxiety, improve mood, and increase self-esteem and body image.

This is likely due to the release of endorphins, hormones produced during exercise and known to have a positive effect on mood.

Strength training is also beneficial for overall health and longevity.

It has been linked to a lower risk of chronic conditions such as obesity, type 2 diabetes, and heart disease. It can also help improve insulin sensitivity, which is important for maintaining healthy blood sugar levels.

GETTING YOUR FIRST GYM MEMBERSHIP

To make the start of your journey as easy as possible, we'll provide you with a few tips to help you feel comfortable as soon as you step inside the gym.

1. Know what to expect: Researching the gym's facilities and policies ahead of time can help you feel more prepared and comfortable when you arrive. You can also ask a staff member or personal trainer for a gym tour to help you familiarize yourself with the layout and equipment.
2. Ask for help: Many gyms offer fitness instructors who can help you with any questions you may have. You can also ask a more experienced gym-goer for help or guidance.
3. Don't worry, people usually love to help each other succeed in the gym, so don't be shy!



THE OVERVIEW OF THE PROGRAM

This program is really straightforward: you have four lower body, four upper body, and two core exercises.

This will be more than enough for your first two months in the gym, as the exercises prescribed will ensure you master the fundamental movement patterns and build an unshakable physical foundation.

You must follow the rest times prescribed in the program as they dictate your body's adaptation.

Before every training session, get on a treadmill or bike for about 5 minutes, then go into some mobility and flexibility stretches to get you loose for the workout ahead.

Before starting the program, you need to understand the concept of RPE (rate of perceived exertion).

It is a way of measuring the intensity of a workout/exercise by how hard it feels to you. RPE is based on a scale of 0 to 10, with 0 being no effort and 10 being maximal effort.

Here's an example of how the RPE scale might look:

- 0 - No effort
- 1 - Very easy
- 2 - Easy
- 3 - Somewhat easy
- 4 - Moderate
- 5 - Somewhat hard
- 6 - Hard (4 reps left in the tank)
- 7 - Very hard (3 reps left in the tank)
- 8 - Very, very hard (2 reps left in the tank)
- 9 - Near maximal effort (1 rep left in the tank)
- 10 - Maximal effort (0 reps left in the tank)



The range in which you should work in every working set should be around RPE 7-8, and 9-10 in rare cases.

Before starting your working sets on every exercise, ramp up the weight until you reach RPE 7-8.

If you're prescribed 3 sets of 10 reps, and you use 80kg for that given exercise, you can do your first warmup set with just 20kg, then 50kg, and then go to your working set.

Some may even need an extra warmup set, which is perfectly reasonable.

You're supposed to increase the weight you use in your working sets as you progress throughout the program.



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Program - Full Body - 4 Weeks

VIDEO GUIDE

**PLEASE CONSULT YOUR
HEALTHCARE PROVIDER, BEFORE
STARTING A NEW FITNESS ROUTINE**



WEEK 1

Monday

Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	2	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min

Wednesday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	2	8/8	3 min
Hip Thrust	2	12	2 min
Lat Pulldown	3	10	2 min
Overhead Press	3	12	2 min
Ab Rollout	3	6-8	1 min

Friday

Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	2	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min



WEEK 2

Monday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	12	2 min
Lat Pulldown	3	10	2 min
Overhead Press	3	12	2 min
Ab Rollout	3	6-8	1 min

Wednesday

Exercise	Sets	Reps	Rest
Back Squat	3	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	10	2 min
3-Point Row	3	12	2 min
Pallof Press	3	6/6	1 min <input type="text"/>

Friday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	2	12	3 min
Hip Thrust	3	10	2 min
Lat Pulldown	3	12	2 min
Overhead Press	3	10	2 min
Ab Rollout	3	6-8	1 min



WEEK 3

Monday

Exercise	Sets	Reps	Rest
Back Squat	4	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	8	2.5 min
3-Point Row	3	10	2 min
Pallof Press	3	6/6	1 min

Wednesday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	12	2 min
Lat Pulldown	3	8	2 min
Overhead Press	3	10	2 min
Ab Rollout	3	6-8	1 min

Friday

Exercise	Sets	Reps	Rest
Back Squat	4	8	3 min
Romanian Deadlift	3	8	2 min
Bench Press	3	8	2.5 min
3-Point Row	3	10	2 min
Pallof Press	3	6/6	1 min



WEEK 4

Monday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	8/8	3 min
Hip Thrust	3	10	3 min
Lat Pulldown	4	8	2.5 min
Overhead Press	3	10	2.5 min
Ab Rollout	3	6-8	1 min

Wednesday

Exercise	Sets	Reps	Rest
Back Squat	3	5	3.5 min
Romanian Deadlift	3	6	3 min
Bench Press	4	8	3 min
3-Point Row	3	8	2.5 min
Pallof Press	3	6/6	1 min 

Friday

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	4	8/8	3 min
Hip Thrust	3	10	3 min
Lat Pulldown	4	8	2.5 min
Overhead Press	3	10	2.5 min
Ab Rollout	3	6-8	1 min

