

## **Beginner level full body workout**

Start with a weight that you can manage to get 12 reps out of however still feels like a challenge

Each rep should be completed in a slow and controlled movement, complete a full set of 12 reps before taking a short rest before moving onto the next set (approx. 30 seconds).

Ensure to keep water and a towel on hand and if you are unsure of any movements ask a gym staff member, they are always happy to help!

### **Push ups – 3 sets of 12 reps**

\*if unable to complete on your toes, drop down to your knees

Ensure your hands are directly under your shoulder

### **Chest press – 3 sets of 12 reps**

Bring the barbell slowly down to your chest and push straight back up again

### **Bicep curl – 3 sets of 12 reps**

Hands shoulder width apart, stand comfortably with your legs also shoulder width apart with a slight bend in the knees, bring the barbell up to your chest and down. Ensure to only use your bicep and do not swing your body

\*stand against a wall to ensure you do not swing

### **Overhead tricep extension – 3 sets of 12 reps**

Stand with legs shoulder width apart and a slight bend in your knees; ensure your elbows frame your face as you bring the dumbbell down behind your head

### **Shoulder press– 3 sets of 12 reps**

Stand with legs shoulder width apart and a slight bend in your knees, hands shoulder width apart and push the barbell over your shoulders and push your head through

\*stand against a wall to ensure you do not swing

### **Bent over row – 3 sets of 12 reps**

Stand shoulder width apart with a slight bend in your knees, pick up the barbell stand up straight with your shoulders back, tilt only from your hips slightly forward, with straight arms bring the barbell into your belly button and out again

### **Stiff leg deadlift – 3 sets of 12 reps**

As the exercise states keep legs straight, bend only from the waist pick up the barbell and only bend from the waist keeping your legs and back straight as you stand straight and



### **Squats – 3 sets of 12 reps**

Place the barbell on your back, as you squat holding onto the bar pretend you are sitting back into a chair with your chest up ensuring your knees do not go over your toes as you squat. To make it easier place something such as a medicine ball behind you as a guide to sit on

### **Bicycle crunches – 3 sets 30 reps**

Bring opposite knee to opposite elbow and straighten leg as you change legs and arms. Go straight into the plank.

### **Plank – 3 sets 30 seconds**

Ensuring you keep your spine in line, your bum down and your abs tensed as you plank

### **Finish off with High Intensity Interval Training**

Example- Switch speeds on the treadmill from a brisk walking pace for 1 minute to a sprint for 30 seconds do this for 20 minutes

