

Beginner Exercise Routine for Muscle Growth

Make sure to perform every exercise with proper form, even if it means not hitting the target rep range. You can click on the name of each exercise and open a form breakdown. Do a quick warm up before each workout. This way you will reduce likelihood of injury and perform better.

After the workout you can optionally include a short stretching routine, to keep your body running smoothly.

Warm Up Routine

- Light jog on treadmill for 5 minutes or 2 minutes of jumping jacks
- Shoulder Rolls
- Leg swings
- 10 Push ups
- 20 bodyweight squats

Workout 1 (Monday)

Exercise	Targeted Muscle Group	Sets	Reps	Rest
Leg Press	Legs	3	8-10	90-120s
Chest Press	Chest	3	8-10	90-120s
Lat Pulldowns	Back	3	10-12	90-120s
Shoulder Press	Shoulder	3	8-10	90-120s
Crunches	Abs	3	15	60-90s

Workout 2 (Wednesday)

Exercise	Targeted Muscle Group	Sets	Reps	Rest
Romanian Deadlifts	Legs	3	8-10	90-120s
Dumbbell Rows	Back	3	10-12	90-120s

<u>Bodyweight Dips*</u>	Chest & Triceps	3	8–12	90–120s
<u>Assisted Pull Ups</u>	Back	3	12–15	90–120s
<u>Neck Curls</u>	Neck	3	12–15	90–120s

*If not possible for that many reps: Diamond Push-Ups

Workout 3 (Friday)

Exercise	Targeted Muscle Group	Sets	Reps	Rest
<u>Incline Dumbbell Press</u>	Chest	3	8–10	90–120s
<u>Assisted Chin Ups</u>	Back	3	10–12	90–120s
<u>Leg Press</u>	Legs	3	12–15	90–120s
<u>Shoulder Press</u>	Shoulder	3	15–20	60–90s
<u>Crunches</u>	Abs	3	15	60–90s

Stretching Routine (performed after workout)

- **Neck Stretch:** Gently tilt your head to the right, bringing your ear toward your shoulder. Hold. Repeat on the left side.
- **Seated Forward Bend:** Sit with your legs extended. Hinge at your hips and reach for your toes. Hold for one minute.
- **Quad Stretch:** Stand on your right leg and bend your left knee, bringing your heel toward your glutes. Hold. Repeat on the left side.
- **Triceps Stretch:** Raise your right arm overhead and bend your elbow, reaching your hand down your back. Use your left hand to gently push your right elbow. Repeat on the left side.
- **Cat–Cow Stretch:** Start on your hands and knees. Inhale and arch your back (cow pose), then exhale and round your back (cat pose). Continue for one minute.

Hold each pose for 30 seconds.