

HEALTHY ISNT HARD

BEGINNER RESISTANCE TRAINING PROGRAM

**CHALLENGE YOURSELF
IN THE GYM**

- Total of 3 workouts per week.
- The Beginner Resistance Training Program (gym based) is suitable to a beginner who is familiar with the techniques listed in the program
- The goal during your 8 week resistance training program is to focus on progressive overload. This is the gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps).
- Warm-up: Jog or run followed by dynamic stretches. These will help with mobility and flexibility while also stimulating the blood flow and keeping muscles warm.
- Cool down: Gentle movements and stretches. Use this time to allow your heart rate to return to a normal rhythm while moving through static stretches.

**HEALTH
WISE**

BEGINNER RESISTANCE

TRAINING PROGRAM

WEEK 1-4

BEGINNER RESISTANCE TRAINING PROGRAM (GYM BASED)

Day #1	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Goblet Squat	3	8	RPE8	2-3 min					Chest up, shoulders back, sit back and down
Lying Leg Curl	3	10	RPE8	2-3 min					Keep your spine neutral, curl legs slow and controlled flexing your hamstrings
Barbell Bench Press	3	8	RPE8	2-3 min					Elbows at a 45° angle. Keep your scapular retracted and depressed
Dumbbell Shoulder Press	3	12	RPE8	1-2 min					Focus on mind muscle connection
Cable Seated Row	3	10	RPE8	2-3 min					Retract your scapular
Leg Raises	3	15	RPE7	1-2 min					Roll hips up and squeeze lower abs

Day #2	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Dumbbell Walking Lunges	3	15	RPE9	2-3 min					15 steps each leg. Take medium strides, let your torso lean forward
Barbell Glute Bridges	3	15	RPE9	1-2 min					Keep your spine neutral, dig heels into the floor bridging up through your hips
Single Leg Extensions	3	15	RPE8	1-2 min					Keep your spine neutral, extend leg slow and controlled
Wide Grip Lat Pulldown	3	15	RPE8	1-2 min					Pull your elbows down and in
Incline Dumbbell Bench Press	3	10	RPE8	2-3 min					45° angle bench, mind muscle connection
Barbell Bicep Curls	3	15	RPE8	1-2 min					Focus on squeezing your biceps
Cable Tricep Push-downs	3	12	RPE7	1-2 min					Focus on squeezing your triceps
Plank	3	30s	RPE7	1-2 min					Brace abs by squeezing the muscles through your core

Day #3	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Dumbbell Box Step Ups	3	15	RPE8	1-2 min					Focus on mind muscle connection, stable movement
Leg Extensions	3	15	RPE8	1-2 min					Keep your spine neutral, extend legs slow and controlled
Swiss Ball Lying Leg Curls	3	10	RPE8	1-2 min					Prevent your hips from touching the ground, dig your heels in to the ball
Barbell Bent Over Row	3	8	RPE8	2-3 min					Keep a straight back, pull your elbows back at a 45° angle
Cable Chest Fly	3	15	RPE8	1-2 min					Big stretch, squeeze in the middle
Dumbbell Arnold Shoulder Press	3	12	RPE8	1-2 min					Externally rotate while you press. Palms face in at the bottom, out at the top

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WEEK 5-8

BEGINNER RESISTANCE TRAINING PROGRAM (GYM BASED)

Day #1	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Back Squat	4	8	RPE9	2-3 min					Sit back and down, 15° toe flare, drive your knees out laterally
Single Leg Glute Bridges	3	15	RPE8	1-2 min					Spine neutral, push through your heel, bridge up through your hips
Seated Leg Curls	3	15	RPE8	1-2 min					Keep your spine neutral, curl legs slow and controlled flexing your hamstrings
Pull Ups (or assisted using a resistance band)	3	8	RPE9	2-3 min					Keep a straight back, pull your elbow back and down, squeeze through shoulder blades
Machine Shoulder Press	3	12	RPE8	1-2 min					Palms facing forward, extend arms above head
Barbell Bench Press	3	8	RPE9	2-3 min					Elbows at a 45° angle. Keep your scapular retracted and depressed

Day #2	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Bulgarian Split Squat	3	12	RPE8	1-2 min					Focus on mind muscle connection, stable movement
Barbell Hip Thrusts	3	10	RPE8	1-2 min					Drive through your heels, stay strong through your core
Lying Leg Curl	3	10	RPE8	2-3 min					Keep your spine neutral, curl legs slow and controlled flexing your hamstrings
Barbell Overhead Press	3	8	RPE8	1-2 min					Keep your core muscles tight and strong, extend arms over head
Hammer Curls	3	15	RPE9	1-2 min					Focus on squeezing your biceps
Tricep Push ups	3	AMRAP	RPE10	1-2 min					Focus on squeezing your triceps
Leg Raises	3	15	RPE7	1-2 min					Roll hips up and squeeze lower abs

Day #3	Sets	Reps	RPE	Rest	1	2	3	4	Notes
Romanian Deadlift	4	8	RPE9	2-3 min					Straight back, keep hips high
Dumbbell Walking Lunges	3	15	RPE9	2-3 min					15 steps each leg. Take medium strides, let your torso lean forward
Single Leg Lying Leg Curls	3	20	RPE9	1-2 min					Keep your spine neutral, curl legs slow and controlled flexing your hamstrings
Incline Barbell Bench Press	3	10	RPE8	2-3 min					45° angle, mind muscle connection with the top of your chest
Cable Seated Row	3	10	RPE8	2-3 min					Retract your scapular
Dumbbell Shoulder Press	3	12	RPE8	2-3 min					Palms facing forward, extend arms above head

EXERCISE SUBSTITUTIONS

LOWER BODY EXERCISES

- **Back Squat:** Hack squat, smith machine squat, leg press + 15 reps of back extensions
- **Barbell Glute Bridges:** Barbell hip thrust, dumbbell 45° hyperextension
- **Barbell Hip Thrusts:** Glute bridge, dumbbell 45° hyperextension
- **Bulgarian Split Squat:** Smith machine reverse lunge, dumbbell walking lunges
- **Dumbbell Box Step Ups:** Dumbbell walking lunges, smith machine reverse lunges
- **Dumbbell Walking Lunges:** Dumbbell box step ups, smith machine reverse lunges
- **Goblet Squat:** Barbell front squat, sissy squat
- **Leg Extensions:** Sissy squat, goblet squat
- **Lying Leg Curls:** Seated leg curl, sliding leg curl
- **Romanian Deadlift:** Stiff leg deadlift, block pulls (4")
- **Single Leg Glute Bridges:** Glute bridge, dumbbell 45° hyperextension
- **Single Leg Lying Leg Curls:** Seated leg curl, sliding leg curl
- **Swiss Ball Lying Leg Curls:** Sliding leg curl, seated leg curl, lying leg curl

UPPER BODY EXERCISES

- **Barbell Bench Press:** Dumbbell press, machine chest press, smith machine bench press
- **Barbell Bent Over Row:** Seated cable row, machine T-bar row
- **Barbell Bicep Curls:** EZ bar curl, dumbbell curl 21s, cable curl 21s
- **Barbell Overhead Press:** Seated barbell overhead press
- **Cable Chest Fly:** Dumbbell fly, pec deck
- **Cable Seated Row:** 1 arm dumbbell row, barbell bent over row
- **Cable Tricep Pushdowns:** V-bar press down, rope overhead triceps extension
- **Dumbbell Arnold Shoulder Press:** Dumbbell seated shoulder press, machine shoulder press
- **Dumbbell Shoulder Press:** Dumbbell arnold press, machine shoulder press
- **Hammer Curls:** Ezy bar curls, bb curls
- **Incline Dumbbell Bench Press:** Incline barbell bench press, machine incline press
- **Machine Shoulder Press:** Seated dumbbell shoulder press
- **Pull Ups (or assisted using a resistance band):** Lat pulldown, neutral-grip pull-up
- **Tricep Push ups:** Close grip bench press
- **Wide Grip Lat Pulldown:** Pull ups, chin ups

EXERCISE VIDEOS

LOWER BODY EXERCISES

- **Back Squat:** https://youtu.be/Uv_DKDI7EjA
- **Barbell Glute Bridges:** <https://youtu.be/y|pfCK3i-0Y>
- **Barbell Hip Thrusts:**
https://www.youtube.com/watch?v=S_uZP4UH6JO
- **Bulgarian Split Squat:**
<https://www.youtube.com/watch?v=2C-uNgKwPLE&t=1s>
- **Dumbbell Box Step Ups:**
<https://www.youtube.com/watch?v=NcBM4PIOZU8>
- **Dumbbell Walking Lunges:**
<https://www.youtube.com/watch?v=D7KaRcUTQeE&t=1s>
- **Goblet Squat:**
<https://www.youtube.com/watch?v=MeliIdhvXT4>
- **Leg Extensions:** <https://youtu.be/YyvSfVjQeL0>
- **Lying Leg Curls:** <https://youtu.be/1Tq3QdYUuHs>
- **Romanian Deadlift:** https://youtu.be/_oyxCn2iSjU
- **Single Leg Glute Bridges:** <https://youtu.be/fDxl-OuZMJo>
- **Single Leg Lying Leg Curls:** <https://youtu.be/IQSIJHtsnRA>
- **Swiss Ball Lying Leg Curls:** <https://youtu.be/ooBHR3nf3-M>

RPE BASED EXERCISES

This program uses rate of perceived exertion (RPE) to gauge effort of exercises. The RPE scale is ranked from 1-10, with 1 implying nearly no effort was used, and 10 implying maximal effort was achieved (training to failure). An easy way to think of RPE is to consider how many reps from mechanical failure you are. An RPE of 8 indicates that you could perform 2 more reps if you had to at the completion of your set. RPE 9 indicates that you stop 1 rep short of muscle failure and so on.

UPPER BODY EXERCISES

- **Barbell Bench Press:** <https://youtu.be/vthMctgVtFw>
- **Barbell Bent Over Row:** <https://youtu.be/9efgcAjQe7E>
- **Barbell Bicep Curls:** <https://youtu.be/QZEeqB6wUPxQ>
- **Barbell Overhead Press:** <https://youtu.be/RsADsEMO7ZM>
- **Cable Chest Fly:** <https://youtu.be/lwe6AmxVf7o>
- **Cable Seated Row:** https://youtu.be/sP_4vybjVJs
- **Cable Tricep Pushdowns:** <https://youtu.be/8WLOmOvLAPo>
- **Dumbbell Arnold Shoulder Press:**
<https://youtu.be/3ml7BH7mNwQ>
- **Dumbbell Shoulder Press:** <https://youtu.be/B-aVuyhvLHU>
- **Hammer Curls:** <https://youtu.be/zC3nLIEvin4>
- **Incline Dumbbell Bench Press:** <https://youtu.be/hChjZQhX1Ls>
- **Machine Shoulder Press:** <https://youtu.be/Wqq43dKW1TU>
- **Pull Ups (or assisted using a resistance band):**
<https://youtu.be/7yqudG7vnw>
- **Tricep Push ups:** <https://youtu.be/hfIQ5V4Tcgo>
- **Wide Grip Lat Pulldown:** <https://youtu.be/83Y3CFcgnkQ>

AN IMPORTANT DISCLAIMER ABOUT TRAINING INTENSITY

It's important to note that more effort is not always better. A focus on proper use of technique and control is important. To avoid injury it is always best to focus on properly applied effort with a look to progress slowly over time. In your first few weeks it is important to lay the foundations for long term success.