

Beginner Gym Based 8 Week Workout Plan

Disclaimer

You should always consult with a medical professional before beginning any exercise program. Furthermore, these free programs are not intended to diagnose, treat, or cure any condition or disease. Utilising the information within this program is at the sole choice and risk of the reader. If you engage in these exercise programs, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown, arising out of the contents of these programs. The author advises you to take full responsibility for your safety and to know your limits. Before practising the skills described in the workout section, the author recommends to consult with a personal trainer in person, to properly assess and advise correct form to prevent potential injuries occurring.

| | |
|---|--|
| <p>This 8-week plan is a slightly simplified version of the workout plan that's included in my Weight Loss Program</p> | <p>Before you begin, please take some progress pictures, give it your ALL and see the incredible transformation you're capable of!</p> |
| <p>SHOP LINK</p> | |

Week 1

FULL BODY #1

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|----------------------------------|------|-------|------------|--------|---|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Chest Press Machine | 3 | 10-12 | 2-3 | | Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level. |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |
| Plank | 3 | 20SEC | 2-3 | | Remain in a straight body position, don't let hips dip too low. |

FULL BODY #2

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|---------------------------|------|-------|------------|--------|---|
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Cable Seated Row | 3 | 10-12 | 3 | | Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward |
| Dumbbell Lateral Raises | 3 | 10-15 | 1-2 | | Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement. |
| Sit Ups/Ab Crunch Machine | 3 | 8-15 | 2-3 | | Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more |

Week 2

FULL BODY #1

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|----------------------------------|------|-------|------------|--------|---|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Chest Press Machine | 3 | 10-12 | 2-3 | | Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level. |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |
| Plank | 3 | 20SEC | 2-3 | | Remain in a straight body position, don't let hips dip too low. |

FULL BODY #2

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|---------------------------|------|-------|------------|--------|---|
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Cable Seated Row | 3 | 10-12 | 3 | | Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward |
| Dumbbell Lateral Raises | 3 | 10-15 | 1-2 | | Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement. |
| Sit Ups/Ab Crunch Machine | 3 | 8-15 | 2-3 | | Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more |

Week 3

FULL BODY #1

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|----------------------------------|------|-------|------------|--------|---|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Chest Press Machine | 3 | 10-12 | 2-3 | | Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level. |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |
| Plank | 3 | 20SEC | 2-3 | | Remain in a straight body position, don't let hips dip too low. |

FULL BODY #2

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|---------------------------|------|-------|------------|--------|---|
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Cable Seated Row | 3 | 10-12 | 3 | | Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward |
| Dumbbell Lateral Raises | 3 | 10-15 | 1-2 | | Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement. |
| Sit Ups/Ab Crunch Machine | 3 | 8-15 | 2-3 | | Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more |

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|--------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

Week 4

FULL BODY #1

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|----------------------------------|------|-------|------------|--------|---|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Chest Press Machine | 3 | 10-12 | 2-3 | | Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level. |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |
| Plank | 3 | 20SEC | 2-3 | | Remain in a straight body position, don't let hips dip too low. |

FULL BODY #2

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|---------------------------|------|-------|------------|--------|---|
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Cable Seated Row | 3 | 10-12 | 3 | | Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward |
| Dumbbell Lateral Raises | 3 | 10-15 | 1-2 | | Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement. |
| Sit Ups/Ab Crunch Machine | 3 | 8-15 | 2-3 | | Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more |

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|--------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

**You're doing great! It's now time to up the intensity,
I hope you're ready for the challenge!**

Week 5

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

LOWER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-----------------------|------|-------|---------------|--------|--|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Adductor Machine | 3 | 10-15 | 2 | | Let the weight extend your legs outwards fully before contracting inwards. Slow and controlled movement. |
| Calf Raises | 3 | 10-15 | 2 | | Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow |

UPPER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-------------------------------------|------|-------|---------------|--------|---|
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Chest Fly Machine/ Cable Flies | 3 | 10-15 | 2-3 | | If cable fly: keep elbows slightly bent, stand forward so your arms are getting pulled back slightly. Engage pecs to move the |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Tricep Cable Rope Pushdown | 3 | 10-12 | 1-2 | | Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |

CARDIO #2

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 15% Incline Treadmill Walking | 10 Min | | | Set your own speed and note down the distance covered. |
| Bike | 20 Min | | | Bike can be swapped for any cardio of your choice. Keeping it a lower body cardio such as bike may be preferred due to potential DOMS from |

Week 6

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

LOWER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-----------------------|------|-------|---------------|--------|--|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Adductor Machine | 3 | 10-15 | 2 | | Let the weight extend your legs outwards fully before contracting inwards. Slow and controlled movement. |
| Calf Raises | 3 | 10-15 | 2 | | Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow |

UPPER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-------------------------------------|------|-------|---------------|--------|---|
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Chest Fly Machine/ Cable Flys | 3 | 10-15 | 2-3 | | If cable fly: keep elbows slightly bent, stand forward so your arms are getting pulled back slightly. Engage pecs to move the |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Tricep Cable Rope Pushdown | 3 | 10-12 | 1-2 | | Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |

CARDIO #2

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 15% Incline Treadmill Walking | 10 Min | | | Set your own speed and note down the distance covered. |
| Bike | 20 Min | | | Bike can be swapped for any cardio of your choice. Keeping it a lower body cardio such as bike may be preferred due to potential DOMS from |

Week 7

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

LOWER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-----------------------|------|-------|------------|--------|--|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Adductor Machine | 3 | 10-15 | 2 | | Let the weight extend your legs outwards fully before contracting inwards. Slow and controlled movement. |
| Calf Raises | 3 | 10-15 | 2 | | Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow |

UPPER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-------------------------------------|------|-------|------------|--------|---|
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Chest Fly Machine/ Cable Flies | 3 | 10-15 | 2-3 | | If cable fly: keep elbows slightly bent, stand forward so your arms are getting pulled back slightly. Engage pecs to move the |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Tricep Cable Rope Pushdown | 3 | 10-12 | 1-2 | | Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |

CARDIO #2

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 15% Incline Treadmill Walking | 10 Min | | | Set your own speed and note down the distance covered. |
| Bike | 20 Min | | | Bike can be swapped for any cardio of your choice. Keeping it a lower body cardio such as bike may be preferred due to potential DOMS from |

Week 8

CARDIO #1

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 10% Incline Treadmill Walking | 15 Min | | | Set your own speed and note down the distance covered. |
| Cross Trainer | 15 Min | | | Cross Trainer can be swapped for any cardio of your choice. Full body cardio equipment may be more beneficial such as Row machine or |

LOWER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-----------------------|------|-------|---------------|--------|--|
| Leg Press Machine | 3 | 10-12 | 2-3 | | Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low. |
| Leg Extension Machine | 3 | 10-12 | 2 | | Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest. |
| Leg Curl Machine | 3 | 10-12 | 2 | | Focus on the mind-to-muscle connection, engaging your hamstrings each repetition. |
| Adductor Machine | 3 | 10-15 | 2 | | Let the weight extend your legs outwards fully before contracting inwards. Slow and controlled movement. |
| Calf Raises | 3 | 10-15 | 2 | | Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow |

UPPER

| EXERCISE | SETS | REPS | REST (MIN) | WEIGHT | KEY POINTS |
|-------------------------------------|------|-------|---------------|--------|---|
| Incline Dumbbell Press | 3 | 10-12 | 3 | | Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you. |
| Chest Fly Machine/ Cable Flys | 3 | 10-15 | 2-3 | | If cable fly: keep elbows slightly bent, stand forward so your arms are getting pulled back slightly. Engage pecs to move the |
| Lateral Pulldown Machine | 3 | 10-12 | 3 | | Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using |
| Shoulder Press Machine | 3 | 10-12 | 2-3 | | Ensure seat position allows handles to sit around ear-level. |
| Tricep Cable Rope Pushdown | 3 | 10-12 | 1-2 | | Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum. |
| Alternating Dumbbell Bicep Curls | 3 | 10-12 | 1-2 | | Standard bicep curl going from neutral hand position to a supinated position at the top of the curl. |

CARDIO #2

| EXERCISE | TIME | SPEED/ LEVEL | DISTANCE | KEY POINTS |
|-------------------------------|--------|-----------------|----------|--|
| 15% Incline Treadmill Walking | 10 Min | | | Set your own speed and note down the distance covered. |
| Bike | 20 Min | | | Bike can be swapped for any cardio of your choice. Keeping it a lower body cardio such as bike may be preferred due to potential DOMS from |

Congratulations on completing the workout plan!

**I hope you've taken some progress pictures, tag me on socials and let me see your progress!
#FitManMode**

<https://linktr.ee/ryannetteship>