

Beginner Full Body Workout Program

Full body workout plans are time tested workout plans that work regardless of lifting experience and are the best programs for beginners. Full body workout plans have the lowest frequency, allowing adherence to be a lot easier. The goal of this workout program is to build a foundational base for future resistance training and for learning the basic compound movement patterns.



This workout plan has 2 workouts A and B, you can either do each workout once a week for a frequency of 2x/week or a frequency of 3x/week alternating each workout (Week 1: A,B,A/ Week 2 B,A,B).

Workout A:

Back Squat 3 sets 8-12 reps
Assisted Dips 3 sets 8-12 reps
1 arm dumbbell row 3 sets 8-12 reps
Leg Curl Machine 3 sets x 10-15 reps
Dumbbell Shoulder Press 3 sets x 10-15 reps
Lat Pulldown 3 sets x 10-15 reps
*Optional Dumbbell Curl 3 sets x 10-15 reps



Workout B:

Bench Press 3 sets x 8-12 reps
Romanian Deadlift 3 sets x 8-12 reps
Assisted Pullups 3 sets x 8-12 reps
Arnold Press 3 sets x 10-15 reps
Reverse/Forward/Walking lunges 3 sets x 10-15 reps
Dumbbell or Machine Chest Supported Row 3 sets x 10-15 reps
*Optional Triceps Pushdown 3 sets x 10-15 reps



Progression:

To progress in the workout program, every workout your goal is to do more reps than

your previous workout, until all sets of an exercise are in the top range. Once all sets of an exercise reach the top end, you can increase the weight (usually 5-10lbs) and start at the low range of the rep range.

Intensity:

In terms of intensity, all exercises do not need to go to failure. Anywhere from 3-5 reps away from failure is effective to stimulate muscle growth as a beginner. For machine and the optional exercises, you can train with slightly higher intensity 2-3 reps away from failure.

Rest:

Rest times are subjective, but as a rule should be around 2-5 minutes for compound exercises (squat, bench press, deadlift) and around 90secs to 2 minutes for machines and isolation exercises. The full workout lasts around an hour and should not last more than 90 minutes.



If you are interested in learning proper form and other exercises, please email personaltraining@curtishealth.com or speak to one of our Fitness Coordinators and they will be happy to assist you.