

BEGINNERS' FULL-BODY WORKOUT WEEKS 1-6

DAY 1

Exercise 1

Barbell Back Squat

Exercise 2

Incline Barbell Bench Press

Exercise 3

Barbell Row

Exercise 4

Lying Hamstring Curls

Exercise 5

Cable Chest Fly

Exercise 6

Lat Pull Down

Exercise 7

Calf Raiser

Exercise 8

Decline Sit-Ups

DAY 2

Exercise 1

Under Hand Lat Pull Down

Exercise 2

Lying Hamstring Curls

Exercise 3

Flat Barbell Bench Press

Exercise 4

SEATED CABLE ROW

Exercise 5

Triceps Pull Down

Exercise 6

Single Leg Lunges

Exercise 7

Incline Dumbbell Press

Exercise 8

Half-Leg Raisers

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Day 1



Warm-Up

- Walk on the treadmill for 3 – 5 minutes
- Perform warm-up sets before each exercise (as explained)

The warm-up is simply to increase the heart rate gradually. You should not fatigue yourself by running for 20 minutes.

The warm-up sets before each exercise should be done with a lighter weight than the working sets and they will:

- Prepare the specific muscles for the exercise
- Allow you to practising correct technique for mind muscle connection



Barbell Back Squat



Warm-up sets: 2 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Bring your hands under the bar, close to your body
- The bar should rest on the top of your back along the scapular.
- Lift the bar and step away from the rack.
- Position your feet shoulder-width apart with your toes pointing slightly outward.
- Keep your head up and look straight ahead, keeping a neutral spine.
- Lower yourself by bending at the knees and hips as if sitting back in an imaginary chair.
- Go as low as possible while maintaining proper form.
- Push through your heels to stand back up and return to the starting position.
- Repeat for the desired number of repetitions.

Incline Barbell Bench Press



Warm-up sets: 2 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Start by setting up an incline bench at 30–45 degrees
- Sit on the bench with your feet flat, lean back, and position your hands slightly wider than shoulder-width on the bar.
- Lift the bar off the rack and hold it directly above your chest with your arms fully extended.
- In a controlled motion, lower the barbell slowly to the upper part of your chest. As the barbell touches your chest, push it back up until your arms are fully extended
- Remember to keep your feet flat on the ground, but you can arch your back
- Repeat for the desired number of repetitions, ensuring control of the barbell throughout the entire exercise.

Barbell Row



Warm-up Sets: 2 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Place the barbell on a rack at a comfortable height to lift off
- Stand over the barbell with your feet shoulder-width apart. Bend at the hips and knees, and grab the barbell with an overhand grip, hands just outside your knees.
- Lift the bar and take a few steps back.
- Bend at the hips and knees, holding the bar close to your legs
- Use your upper legs as a guide to row the bar into your stomach, keeping your chest up
- At the peak of the motion, squeeze your shoulder blades together for maximum muscle engagement.
- Lower the barbell in a controlled motion back to the starting position.
- Avoid jerking or using momentum to lift the barbell. The power should come solely from your muscles.

Lying Hamstring Curl



Warm-up Sets: 2 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Start by adjusting the machine lever to fit your height and lie face down on the leg curl machine with the lever pad on the back of your legs, just a few inches under the calves.
- Keep your torso flat on the bench, grasp the side handles of the machine, and point your toes straight. This is your starting position.
- Curl your legs up as far as possible without lifting the upper legs from the pad and pause the contracted position for a second.
- Bring the legs back to the initial position slowly.
- Avoid using your lower back or swinging while performing this exercise.

Cable Chest Fly



Warm-up Set: 1 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Begin by setting the pulleys at both ends of the cross-cable station to chest height
- Stand in the middle of the station with your feet shoulder-width apart for balance. Grab the handles of the cables with each hand
- Step forward to create tension in the cables, keeping your arms extended to your sides and slightly bent at your elbows – this is your starting position
- Keeping a slight bend in your elbows, pull the handles together in front of your chest
- Concentrate on squeezing your chest muscles as you bring the handles together, and hold this contraction momentarily
- Slowly return the handles to the starting position, keeping control of the movement

Narrow Grip Lat Pull Down



Warm-up Sets: 1 x 10 Reps

Working Sets: 2

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Start by adjusting the pad of the lat pulldown machine to fit. The pad should be tight enough to secure your thighs and prevent you from lifting off the seat
- Sit on the machine and grab the bar with a narrow grip (closer than shoulder-width apart), palms facing you
- Ensure your back is straight and lean slightly backwards, looking straight ahead. This will be your starting position
- Pull the bar down towards your chest by squeezing your shoulder blades together while keeping your elbows close to your body
- Contract your lats at the bottom of the movement and hold for a second
- Slowly let the bar rise back to the starting position while keeping control of the movement, allowing your lats to stretch at the top

Calf Raisers



Warm-Up Sets: 2 x 10 Reps

Workout Sets: 3

12 - 15 Repetitions

2 Minutes rest between each set

Instructions:

- Begin by positioning yourself on a calf raise machine, ensuring that your shoulders are under the pads and your toes are on the foot platform with your heels hanging off the edge. This is your starting position
- Push through the balls of both feet to raise your body upward
- Ensure your knee joints remain stationary at all times; avoid a bending motion. The movement should occur in the ankle joint, not the knees.
- Continue to lift until you're standing on your toes and your calves are fully contracted
- Slowly lower back down to the starting position with your heels hanging off the edge again

Decline Sit-Ups



Workout Sets: 3

6 - 12 Repetitions

2 Minute rest between each set

Instructions:

- Begin by setting up your decline bench at a challenging angle, but still allow you to perform the exercise with proper form. The steeper the angle, the harder the exercise will be.
- Sit on the bench and secure your feet under the pads. Your body should be angled downwards with your head at the lower end.
- Position your hands at the side of your head or across your chest. Avoid pulling on your neck or head during the exercise.
- Lift your upper body towards your knees
- Slowly lower your upper body to the starting position.

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Day 2



Under Hand Lat Pull Down



Warm-up Sets: 2 x 10 Reps

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Start by adjusting the pad of the lat pulldown machine to fit your thigh size. The pad should be tight enough to secure your thighs and prevent you from lifting off the seat when pulling the bar
- Grasp the bar with an underhand grip, with your hands shoulder-width apart. Ensure your palms are facing towards you
- Sit on the seat with your thighs secured under the pads and your feet flat on the floor.
- With a slight bend in your elbows, pull the bar towards your chest in a smooth and controlled manner
- Slowly return the bar to the starting position, with a short pause

Lying Hamstring Curl



Warm-up Sets: 2 x 10 Reps

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Start by adjusting the machine lever to fit your height and lie face down on the leg curl machine with the lever pad on the back of your legs, just a few inches under the calves.
- Keep your torso flat on the bench, grasp the side handles of the machine, and point your toes straight. This is your starting position.
- Curl your legs up as far as possible without lifting the upper legs from the pad and pause the contracted position for a second.
- Bring the legs back to the initial position slowly.
- Avoid using your lower back or swinging while performing this exercise.

Flat Bench Press



Warm-up Sets: 2 x 10 Reps

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Begin by lying flat on the bench, your feet firmly planted on the ground
- Position yourself so that your eyes are directly under the barbell. Reach up and grasp the bar with an overhand grip, your hands positioned slightly wider than shoulder-width apart.
- Unrack the barbell, extending your arms fully. This is your starting position.
- Lower the barbell to your chest in a controlled manner, keeping your elbows at a 45-degree angle from your torso. The bar should touch your chest.
- Push the barbell back to the starting position, fully extending your arms but not locking your elbows.

Seated Cable Row



Warm-up Sets: 2 x 10 Reps

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Start by setting the appropriate weight on the cable machine
- Sit on the seat and place your feet on the footrests, knees slightly bent, not locked
- Lean forward and grab the handles of the cable machine. Make sure your back is straight and not rounded
- Pull the handles back towards your torso while leaning backwards at the waist. Your back should be slightly past perpendicular to your thighs
- Keep your elbows close to your body as you pull, squeezing your shoulder blades together at the end of the movement
- Slowly return to the starting position, allowing your arms to extend fully and your shoulder blades to spread apart

Tricep Pull Down



Warm-up Sets: 1 x 10 Reps

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Start by setting the appropriate weight on the cable machine
- Stand upright, facing the machine
- Grasp the straight bar with an overhand grip
- Position your elbows close to your body. This is your starting position
- Slowly pull the bar down towards your thighs by extending your arms, keeping your elbows stationary
- Ensure your upper arms are still, isolating the triceps during this movement
- Hold for a moment as you fully extend your arms, feeling the contraction in your triceps
- Slowly let the bar rise back to the starting position, maintaining control and not letting the weight drop on the stack

Single Leg Lunges



Warm-up Sets: 2

Workout Sets: 2

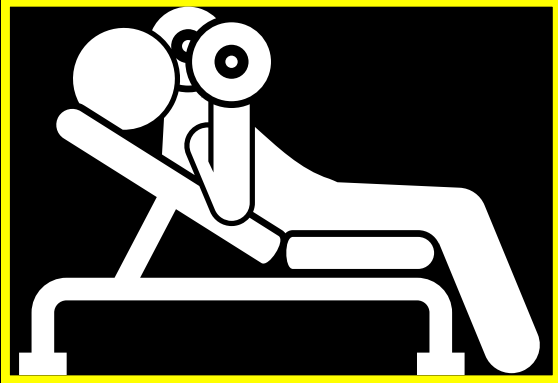
12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Selecting the appropriate weight of dumbbells
- Stand upright, feet hip-width apart, holding a dumbbell in each hand by your sides.
- Take a step forward with one foot, maintaining a straight back and keeping your gaze forward. This is your starting position.
- Lower your body into a lunge, bending both knees to a 90-degree angle. The knee of your back leg should almost touch the ground, while the knee of your leading leg should be directly above your ankle.
- Avoid letting your knee extend over your toes.
- Push through the heel of your front foot to return to the starting position, keeping your movements controlled and steady.
- Repeat repetitions on one leg, then switch to the other. You might feel the need to take a 20-30 seconds rest between each leg

Incline Dumbbell Press



Warm-up Sets: 1

Workout Sets: 2

12 - 15 Repetitions

2 Minute rest between each set

Instructions:

- Set your bench to an incline angle of 30 to 45 degrees
- Select the appropriate weight of dumbbells
- Sit down on the bench with a dumbbell in each hand resting on your thighs. The palms of your hands should be facing each other
- Lean back and bring the dumbbells to the sides of your torso at chest level. Feet should be planted firmly on the floor
- Press the dumbbells with your chest, keeping your shoulders against the bench
- Push the dumbbells up using your chest muscles. The dumbbells should meet above the centre of your chest
- Pause momentarily while at the top, squeezing your chest muscles
- Lower the weights slowly back to the starting position as you inhale

Hangings Half-Leg Raiser



Workout Sets: 3

5 - 12 Repetitions

2 Minute rest between each set

Instructions:

- Begin by gripping a pull-up bar with an overhand grip. Your hands should be shoulder-width apart, arms fully extended, and your feet off the ground or use the armrest (see the image)
- Ensure your knees are slightly bent throughout the exercise
- Keeping your upper body stationary, lift your knees in front of you to about hip level, bringing your thighs up parallel to the floor
- This movement should be controlled, avoiding the use of momentum or swinging
- Hold this position at the top for a moment, engaging your abs
- Slowly lower your legs back to the starting position

Progression Tips

Week 3

Add 1.25 – 2.5 Kg

Week 5

Aim to perform 8 – 12 repetitions – This means increasing the weight appropriately to ensure that by the 12th rep, you are 2 – 3 reps from failure

Workout Complete

After week 6, it will be time to progress the workout routine. This will include introducing 1 or 2 different exercises that will focus on training various other muscles of the body.

Embrace The Journey

Embarking on your fitness journey is a powerful decision that signifies a commitment to self-improvement and a healthier lifestyle.

Remember, every step you take and every weight you lift moves you closer to your goal. It's not just about physical transformation but mental growth and resilience.

Each day may bring new challenges, but with persistence and determination, you will overcome them.

This is your journey to becoming the best version of yourself, and every day you are making progress.

So, lace up those trainers, hit the gym, and embrace the journey.

Success happens one workout at a time.

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Ready to gain valuable knowledge to level up your fitness journey and achieve your goals even faster?

Men's Practical Health has got just the thing for you!

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Warning Notice

The workout program is a generalised plan and does not consider any specific injuries or illnesses that an individual may have. If you have any pre-existing medical conditions, injuries, or concerns about your physical health, it is highly recommended to consult with a medical or fitness professional before starting any workout program.

Engaging in physical activity without proper guidance can lead to injury or aggravation of existing conditions. Your health and safety should always be your first priority.