

·||-||· WORKOUT PLAN

Recommended Program For You: Full Body Routine 3x Per Week

Since you're still in your first year of consistent proper training, the fastest way for you to progress will be to follow a full body routine 3 times per week. This will maximize progressive overload on all of the key compound lifts and produce the most efficient results for you at your current stage.

There are 2 different workouts you'll be performing (workout A and workout B), and you'll simply alternate back and forth between them on any 3 non-consecutive days of the week. That means week one would consist of workout ABA, week two would be BAB, then repeat.

You should also aim to include 2-3 cardio sessions throughout the week. These can be done at any time as long as it isn't immediately prior to weight training. Low intensity/long duration, high intensity/short duration or medium intensity/medium duration cardio are all acceptable forms and you can just choose based on preference.

Cardio is not mandatory from a pure fat loss perspective (since this can technically be controlled through diet alone), but it's still a good idea for the sake of overall physical/mental health and metabolic conditioning purposes.

A few important notes about your workout plan...

- All sets should be performed approximately 1-2 reps short of muscular failure. This means that you should continue each set until the point where, if you were to give a 100% all-out effort, you would only be able to complete 1-2 more reps in proper form.
- Make sure to record every workout by writing down the weight lifted and number of reps executed for each exercise and set throughout the session. Each time you perform a new workout, your central goal should be to improve upon your previous performance in some way. The most efficient way to do this is by following a "double progression" method. This means that you'll first focus on performing additional reps with a given weight, and then once you reach the upper end of the prescribed rep range for that exercise, increase the weight slightly and repeat.

- There is no concrete resting interval in between sets. Simply perform your set and then wait as long as you need to in order to feel fully recovered before performing the next one.
- On the concentric portion of each repetition (the “lifting” phase), move the weight as fast as you can while still maintaining proper form. On the eccentric portion (the “lowering” phase), lower the weight under control for 2-3 seconds.
- You can click on each exercise in the plan below for a quick video demonstration of how it is performed. Proper form is essential (both for stimulating muscle growth and preventing injuries) and if you’re still a beginner then it’s important that you practice each lift using lighter weights first before gradually increasing the intensity.
- Prior to each workout, perform a brief warm up consisting of 3-5 minutes of light cardio, followed by this routine:

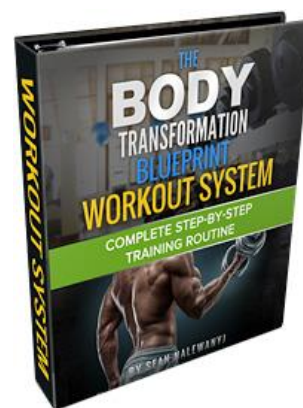
Bent-Knee Iron Cross: 8-10 reps per side
Leg Swing: 8-10 reps per side/direction
Knee Circles: 8-10 reps per side/direction
Scapular Wall Slide: 12-15 reps
Face Pull: 12-15 reps
Shoulder "Dislocations": 10-12 reps
External Rotation: 12-15 reps

(Demonstrations are included at the end of this document)

Then, prior to each major compound lift in the workout, perform a quick warm up where you pyramid up with 3 sets (these sets should not fatigue you in any way), going progressively heavier until you reach your working weight. A basic template would be to use 50% of your working weight for 7 reps, 70% for 3 reps and then 100% for 1 rep.

- This is a foundational program that can be followed for anywhere from 4-12 consecutive weeks. After that time you can upgrade to my complete [Body Transformation Blueprint](#) system which contains the next recommended full body routine along with the subsequent upper/lower and legs/push/pull programs that should be followed after that.

Your step by step home full body workout is outlined below...



WORKOUT A

[Barbell Squat](#)

3 sets x 5-7 reps

[One Arm Dumbbell Row](#)

3 sets per side x 5-7 reps

[Incline Dumbbell Press](#)

3 sets x 5-7 reps

[Dumbbell Leg Curl](#)

3 sets x 8-10 reps

[Seated Dumbbell Lateral Raise](#)

2 sets x 10-12 reps

[Supinating Dumbbell Curl](#)

2 sets x 6-8 reps per arm

[Single Leg Dumbbell Calf Raise](#)

3 sets per leg x 8-10 reps

[Barbell Shrug](#)

2 sets x 8-10 reps

WORKOUT B

[Walking Dumbbell Lunge](#)

3 sets x 6-8 reps per leg

[Overhand Pull Up](#)

3 sets x 5-7 reps

[Overhead Barbell Press](#)

3 sets x 5-7 reps

[Romanian Barbell Deadlift](#)

3 sets x 8-10 reps

[Flat Dumbbell Fly](#)

3 sets x 8-10 reps

[Overhead Dumbbell Extension](#)

2 sets per arm x 8-10 reps

[Weighted Crunch](#)

2 sets x 30-60 seconds

[Dumbbell Face Pull](#)

2 sets x 12-15 reps

- If you only have access to dumbbells then substitute in the following exercises: [Bulgarian split squats](#) in place of barbell squats, [dumbbell shrugs](#) in place of barbell shrugs, [seated overhead dumbbell press](#) in place of overhead barbell press, and [Romanian dumbbell deadlift](#) in place of Romanian barbell deadlift.

- If you don't yet have the strength to perform overhand pull ups then purchase resistance bands and perform assisted pull ups. If that's not possible then perform eccentric-only pull ups by jumping yourself up over the bar and then lowering as slowly as possible. If you don't have access to a pull up bar then perform [dumbbell pullovers](#) instead.

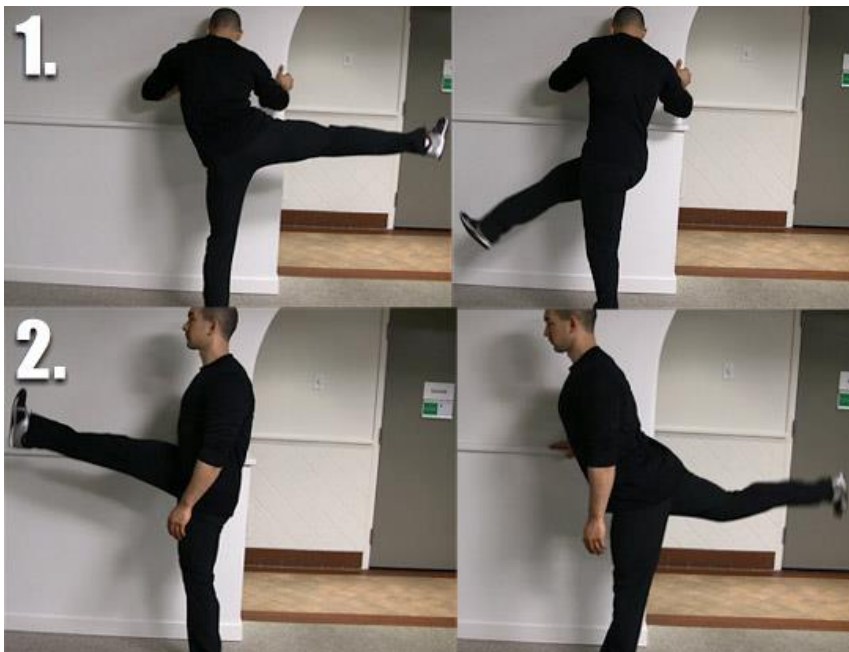
WARM UP EXERCISES

Bent-Knee Iron Cross



Lay flat on your back with your arms extended straight out to either side. Raise your legs up off the ground with your thighs perpendicular to the floor and knees at a 90 degree angle. From there, simply drop your knees to one side while at the same time dropping your head in the opposite direction, and then reverse the motion by dropping your knees and head the other way.

Leg Swing



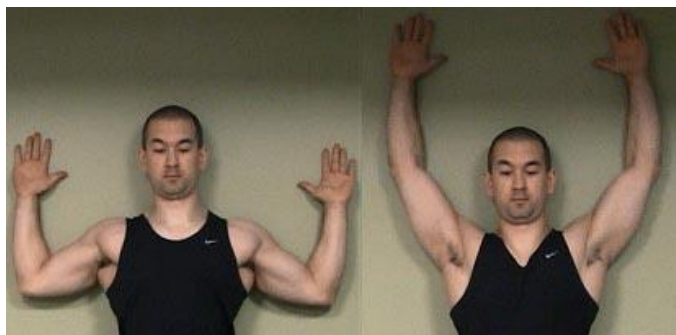
Stand facing against a wall or any other object you can place your hands on for support. Put all your weight on one foot and pick the other leg up off the ground. Now, simply swing that leg from side to side as far as you comfortably can in each direction while keeping your core tight. Once you've completed a set from side to side, turn your body in the other direction and perform the same swinging motion, except this time going from front to back. Repeat on the other leg.

Knee Circles



Kneel on all fours with your knees directly beneath your hips and hands directly beneath your shoulders. With your arms straight and belly button pulled in, pull your heel up to your butt and begin "drawing circles" in the air with your knee. The idea here is to make the largest circles as possible with your knee without allowing the position of your upper body to change. Once you've completed a set in one direction, reverse the motion by doing them in the opposite direction. Repeat on the other leg.

Scapular Wall Slide



Stand with your head, upper back and butt pressed firmly against a wall. With your shoulders depressed and scapula retracted, place your upper arms and forearms against the wall at about a 90 degree angle. From there, press your arms overhead until you feel a good contraction in your upper back, and lower them back down as far as you comfortably can.

Face Pull



Place a rope attachment at upper chest height and hold onto it with a neutral hammer grip. Keep your chest up, shoulders back and retract your scapula, and then pull the rope back towards your face while at the same time imagining that you're trying to pull the rope apart. Think of it as though you were hitting a back double bicep pose on each rep, while making sure to keep your head stationary, and focus on squeezing your rear delts and upper back on each rep. This can also be performed with resistance bands or bent over using light dumbbells.

Shoulder "Dislocations"



These can be done using either a resistance band or a broomstick. Grab it with an overhand grip and start with the stick in front of your body touching your stomach. Then, while keeping your arms straight, rotate it back in a circular motion all the way behind your head and down to your lower back. Your grip can be placed narrower or wider depending on your individual shoulder flexibility and limb length, so just find the distance that is most comfortable for you and that allows for a good stretch without any pain.

External Rotation



Place the cable pulley at elbow height and grip a single-hand attachment with your elbow at a 90 degree angle. Position your elbow against your side with your forearm across your stomach, and then pull the cable attachment away from your body as far as is comfortable by externally rotating your shoulder. A resistance band can also be used, or you can perform this lying on your side with a light dumbbell.