

# EXERCISE *with Style*

## 7 Day Gym Workout Plan for Beginners PDF

Below are two 7-day workout plans, one for muscle building and one for weight loss.

Warm-Up (Duration: 10 mins)

The following warm-up should be completed prior to both workouts listed below.

This will help increase blood flow to working muscles.

Plank and side plank will be your ab workout and core activation which will help your lifts during your session.

Exercise	Sets	Repetitions	Rest Time
Cardio	1	3 - 5 Minutes	-
Plank	2	30 secs	45 - 60 secs
Side Plank	2	20 sec each side	30 - 45 secs

## Muscle Gain Workout Plan for Beginners

The following gym workout plan for beginners is based on a push, pull, legs split. This may sound challenging, but it will give you the rest you need to train.

There's added time during each session to focus on building muscle.

### Program Weekly Schedule

Mon	Tue	Wed	Thurs	Friday	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Legs

### Push (Duration 40 - 45 mins)

Exercise	Sets	Repetitions	Rest Time
Goblet Squats	3	8-10	45 - 60 secs
Alternating Lunges	3	10	45 - 60 secs
Bench Press	3	12	60 secs
Cable Fly	3	10	45 secs
Dumbbell Seated Shoulder Press	3	10	45 secs
Dumbbell Lateral Raise	3	10	45 secs
Bench Dips	3	8-12	45 - 60 secs

### Pull (Duration 30 - 35 mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Deadlift	3	8-10	45 - 60 secs
Lying Leg Curl	3	10-12	30 - 45 secs
Lat Pulldown	3	8-12	45 - 60 secs
Cable Row	3	12	60 secs
Dumbbell Bicep Curls	3	8-12	30 - 45 secs

## Legs (Duration 25 - 30 Mins)

Exercise	Sets	Repetitions	Rest Time
Goblet Squats	3	8-12	30 - 45 secs
Barbell Deadlift	4	8	45 - 60 secs
Dumbbell Alternating Lunges	3	8-12	45 - 60 sec
Lying Leg Curl	3	10-12	45 - 60 secs

## Weight Loss Gym Workout Plan For Beginners

The weight loss gym workout plan is based on a full body training routine.

Many of them will largely be the same. The main difference is that each session will target the body, with a day off in between for either cardio or rest.

To maximize weight loss, maintain a calorie deficit.

The recommended calorie intake for weight loss in men is 2,000 calories and 1,500 for women.

## Program Weekly Schedule

Mon	Tue	Wed	Thurs	Friday	Sat	Sun
Train	Cardio	Train	Cardio	Train	Cardio	Rest

### Full Body Workout (Duration 45 - 50 Mins)

Exercise	Sets	Repetitions	Rest Time
Goblet Squats	3	12-15	45 - 60 secs
Alternating Lunges	3	10-12	45 - 60 secs
Barbell Deadlift	3	10 -15	60 secs
Lat Pulldown	3	10 -15	45 secs
Cable Row	3	8 -12	45 secs
Chest Press	3	8 -12	45 secs
Dumbbell Seated Shoulder Press	3	8 -10	45 - 60 secs
Bench Dips	3	10 -12	45 - 60 secs

### Cardio (Duration 30 Mins)

Cardio will be completed on days between the gym. These sessions can be done at the gym or outdoor, using your choice of equipment

Exercise	Duration
Cardio ( e.g Walk, Run, Cross Trainer, Rower)	30