

STRENGTH



WORK OUT PLAN BEGINNER

If you want to improve your body shape and become stronger in everyday life then try this plan.

Do you need more? For guidance on nutrition & training please speak to one of our Personal Trainers who can guarantee results.

1 STRENGTH

SHAPE



KAL



WORK OUT PLAN BEGINNER

Exercise / Equipment	Time / Sets / Reps	Weight (kg)
Cross Trainer	10 mins, RPE 3-5	
Dumbbell Squat	2-3 x 10	
Leg Curl	2-3 x 10	
Chest Press	2-3 x 10	
Upper Back Row	2-3 x 10	
Shoulder Press	2-3 x 10	
Lat Pull Down	2-3 x 10	

Please perform a 5 min warm up & cool down either side of this workout.

**Not sure?
Please ask a
member of our
team.**

NOTES:

