

# 6 Week Beginner's Workout

WEEK #1				DATE:	TIME:	BODYWEIGHT:	
Day	Body Part	Exercise Name	Equipment	Weight	Repetitions	Sets	Rest Between Sets
1	chest	incline dumbbell press	<a href="#">dumbbells</a>		12	1	45-60 seconds
1	chest	incline dumbbell press	<a href="#">dumbbells</a>		12	1	45-60 seconds
1	tricep	overhead tricep extensions	<a href="#">dumbbells</a>		12	1	45-60 seconds
1	tricep	overhead tricep extensions	<a href="#">dumbbells</a>		12	1	45-60 seconds
1	abs	crunches	<a href="#">exercise ball</a>		20	2	1 minute
2	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
3	shoulders	dumbbell side laterals	<a href="#">dumbbells</a>		12	1	45-60 seconds
3	shoulders	dumbbell side laterals	<a href="#">dumbbells</a>		12	1	45-60 seconds
3	back	one arm dumbbell rows	<a href="#">dumbbells</a>		12	1	45-60 seconds
3	back	one arm dumbbell rows	<a href="#">dumbbells</a>		12	1	45-60 seconds
3	calf	standing calf raise	body weight		12	2	45-60 seconds
4	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
5	bicep	alternating dumbbell curls	<a href="#">dumbbells</a>		12	1	45-60 seconds
5	bicep	alternating dumbbell curls	<a href="#">dumbbells</a>		12	1	45-60 seconds
5	thigh	dumbbell squat	<a href="#">dumbbells</a>		15	1	45-60 seconds
5	thigh	dumbbell squat	<a href="#">dumbbells</a>		15	1	45-60 seconds
5	glutes	lunges	<a href="#">dumbbells</a>		12 each leg	1	45-60 seconds
6	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
7	abs	crunches	<a href="#">exercise ball</a>		20	2	1 minute

**WEEK #1 NOTES:** (1) Rest 45-60 seconds between different sets and exercises unless noted otherwise. (2) More is not better, follow the workout as outlined. (3) Use the same weight for each set of each exercise - if you can complete the required number of reps for each set of an exercise increase the weight next workout. (4) Check [ExerciseEquipmentExpert.com](http://ExerciseEquipmentExpert.com) for equipment recommendations.